

PEEL PRECAUTIONS AND CONTRAINDICATIONS

PRECAUTIONS

- 1) A patch test for some peels is recommended
- 2) This treatment may cause increased sensitivity to the skin depending on the skin type and home care regimen. Side effects may include, but are not limited to stinging, itching-irritation, redness, swelling, tightness, peeling and scabbing of the skin.
- 3) Avoid the sun, tanning beds, sweating, exercising, hot baths or showers, scrubbing, picking, or rubbing, which can lead to scarring.
- 4) Avoid waxing or depilatories 48 hours before and 7 days after treatment.
- 5) Discontinue the use of exfoliating scrubs, glycolic acid, or benzoyl peroxide products for at least 24 hours before or after treatment.
- 6) Discontinue the use of prescription Vitamin A Keratolytic drugs 7 days before and after treatment.
- 7) A broad-spectrum sunscreen is recommended daily pre & post-treatment.
- 8) A POST TREATMENT Kit is mandatory following every peeling treatment.
- 9) Proceed with caution for Fitzpatrick types IV-VI (pre-treat longer than two weeks for optimal outcome)

CONTRAINDICATIONS

- 1) The use of isotretinoin (accutane) in the past 6 to 12 months
- 2) The use of prescription Keratolytics within past 7 days:
 - Retin-A/Renova, Azelex (Azelaic Acid), Tazorac (Tazarotene), Differin (Adapalene)
- 3) The current use of Hydrocortisone
- 4) Any known allergies or sensitivities to products or ingredients
- 5) Allergy to aspirin (salicylic peels)
- 6) Is currently being treated for a facial skin disease by a dermatologist
- 7) Currently being treated for severe systemic or autoimmune disease. Must consult with their physician prior to treatment.
- 8) Infectious diseases



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- 9) History of radiation to the region
- 10) Laser resurfacing, chemical peels, or dermabrasion
- 11) Herpes simplex or active infection (must use a prophylactic prior to treatment)
- 12) History of hypertrophic scar formation
- 13) Pregnancy, breastfeeding
- 14) Obsessive pickers
- 15) Non-compliant clients or unstable patients
- 16) Diabetics for some peels
- 17) Visible redness, irritation or inflammation
- 18) History of extremely reactive skin
- 19) Moderate to severe Rosacea or current flare-up
- 20) Sunburned, wind-burned, or severely dehydrated with irritation
- 21) Broken skin or scrapes
- 22) Open sores, suspicious blemishes, bleeding, or basal cell carcinoma
- 23) Recent cosmetic injections within 5 days
- 24) Any recent cosmetic surgery. Must consult with physician prior to treatment
- 25) Any unsure situation, you should not proceed with treatment.

PEEL TIME-LINE

- 1) Pre-treatment home care 2 weeks prior to peel
- 2) Peel Treatment: peeling time between 2-10 minutes
- 3) Post treatment home care for 1-2 weeks following the treatment

IMPORTANT FACTS

- 1) Always have a signed Consent Form prior to the peel treatment
- 2) Important to explain all aspects of what to expect with pre-peel home care, the peeling treatment, and post-peel home care before starting a series of peeling treatments