



THE
PERFECT
DERMA™
A chemical peel, RX

PATIENT POST-PEEL INSTRUCTIONS

Days 1 – 2: The treated area will feel tight and may appear slightly darker.

The day of the peel application is “Day 1.” The peel solution should remain on the treated areas for at least 6 hours. During the first 6 hours, do not wash, touch, rub, or apply make-up to the treated area. The Perfect Derma Moisturizer with 1% hydrocortisone (included in **Patient Home Care Kit**) may be used after 6 hours if:

- The skin feels excessively irritated
- Patient is Fitzpatrick Type 4-6 or has melasma or hyperpigmentation
- Either Perfect Derma booster was added to the peel treatment

If you are not experiencing any irritation or discomfort, the peel solution can remain on until your evening cleansing or it may be left on overnight.

Day 2 (AM):

Gently wash and dry the treated area. Vigorously apply the 1st Post-Peel Towelette to the treated areas. Let dry thoroughly. Towelette solution should be left on for 30 minutes before applying an SPF30 or above. Make up may be applied if desired.

Day 2 (PM):

30-60 minutes before bedtime, gently wash and dry the treated area. Vigorously apply the 2nd Post Peel Towelette to the treated areas. Leave the solution on overnight. If you are experiencing excessive irritation or discomfort, apply a small amount of The Perfect Derma Moisturizer 2-3 times daily. You may also apply a cold compress against the irritated area

for relief. If there is no significant irritation, do not use any moisturizing products on the treated area until peeling begins (usually Day 3). Avoid excessive sweating, sauna or heavy exercise during peel process.

Days 3-6: Peeling generally begins on Day 3.

After peeling begins, apply The Perfect Derma Moisturizer (included in the Patient Home Care Kit) to the treated areas 2-3 times a day to control the peeling and relieve the tightness. This moisturizer should be used for 1-2 weeks for Caucasian patients and 2-3 weeks for Asian, Hispanic and African American patients. If The Perfect Derma Moisturizer runs out, a 1% hydrocortisone cream may be substituted. Do not rub, pick or pull on the peeling skin, let the peeling occur naturally. Rubbing, picking or pulling may cause scarring.

Gently wash (do not scrub) and dry the treated area morning and night, and apply The Perfect Derma Moisturizer as needed. An SPF 30 or above should be applied every 2 hours during sun exposure.

Days 7 and After: The peeling process is generally complete.

Mild sloughing may still be occurring in some treated areas. Continue to protect the skin with an SPF 30 or above.

USING THE PERFECT DERMA PEEL IN COMBINATION WITH OTHER TREATMENTS

Botox/Fillers/Injectables A series of peels & injectables provides dramatic anti-aging results for patients who prefer to avoid surgery or more invasive treatments. Injectables may be performed in the same appointment as The Perfect Derma Peel. It is recommended to apply the peel first.

Laser treatments Wait 4 weeks or more post peel before performing a laser treatment, or 4 weeks post laser to perform the peel (depending on the depth of the laser).

Hydra Facial Perform two weeks post peel, or perform peel at least one week post Hydra Facial.

Microdermabrasion For patients with very oily or thick skin, using microdermabrasion as a prep to increase peel penetration can be helpful. However, it is not necessary and is not advised for those with sensitive skin or for first time peel patients.

Micro Needling Wait 4 weeks between peel and micro needling treatments.