



WHAT IS THE SKINBETTER SCIENCE ALPHARET PROFESSIONAL CHEMICAL PEEL?

The AlphaRet Professional Peel is a 3-step peel system that has been shown to improve overall skin tone and texture for patients with mild photo-damage, early signs of aging or blemishes. A blend of Lactic, Glycolic and Salicylic Acids re-texturises the skin to enhance the action of patented AlphaRet Technology for optimal results.

Chemical Peel Pre- Treatment Considerations

4 weeks prior to your appointment:

- Avoid sun tanning, tanning beds, and sunless tanners for 4 weeks prior to treatment.

Optimize

your sun protection by wearing sun-protective clothing, hats, broad-spectrum sunscreen with SPF 30 or higher. Reapply every 2 hours while outdoors.

1 week prior to your appointment:

- Avoid products and treatments that may cause skin irritation or sensitivity (such as chemical peels, waxing, etc.). It is fine to continue your skin care regimen as long as they do not cause skin irritation. It is recommended to discontinue, especially if you have sensitive skin, all retinoids & exfoliating products 1 week prior to your peel (e.g. AlphaRet, retinol, Retinal, tretinoin or RetinA, Tazorac, salicylic acid, alpha-hydroxyacids like glycolic acid, lactic acid).

On the day of treatment:

- If you have a history of cold sores (herpes viral infections), take your acyclovir or valacyclovir (Valtrex) as recommended and continue for 5 days. Like sunlight, laser light can trigger a flare, and the medication reduces this risk.
- If you have an active cold sore or infection in the area of treatment OR if your skin is irritated, we cannot treat you. Please contact our office as soon as possible to reschedule your treatment.

Chemical Peel Post-Care Treatment

In order to provide you with the best possible service, we ask that you carefully review these general post-care treatment instructions for a chemical peel treatment so that you fully understand them. If you have any questions about these instructions, please discuss them with your provider. To obtain maximum benefits from your treatment, it is crucial that you understand and adhere to these instructions. Failure to comply with these instructions may

affect your treatment outcome and increase the likelihood or severity of complications. Depending on your individual needs, additional post-care treatment instructions may be given to you by your provider.

- If peeling is to occur, the peeling may take anywhere from 7-10 days on average or longer depending on internal and external factors such as skin type, age, weather, lifestyle, and hormones. Slight redness and skin sensitivity and flaking can occur as your treatment eliminates dead surface skin cells. Each treatment may vary. Other areas of the body will react differently because your skin has a different texture on your face and scalp than on your chest, back, arms, and legs. The healing process may take longer in those areas.

- Your skin may take on a rough, patchy, darkened quality a few days after this treatment. This is normal and expected and it will resolve on its own. The first areas to peel are usually around the nose and mouth, but can begin anywhere. Most people begin peeling on the 3rd or 4th day after treatment. It is also possible to not peel at all. If this occurs, you will still benefit from the treatment because the skin has exfoliated microscopically.

- Avoid any aerobic exercise or vigorous physical activity for the first 48 hours
- Use of sunscreen with SPF 30 or greater at all times is warranted but at minimum judicious use of SPF for at least a week after your peel. It is recommended that you continue to use these products to help protect your skin and maintain the benefits of the peel even after your initial week

- Avoid direct sun exposure. Too much sun exposure may cause improper healing and in some cases may reverse the benefits of the peel and lead to unwanted hyperpigmentation that may take several months if not 1 year to correct.

- Treat the skin gently- DO NOT Exfoliate- though you may experience mild red, dry, or flaking skin for several days or more after your peel.

- Do not pick or pull at peeling skin. The dead will naturally slough off.

- Consult with your provider on when it is safe to go back to your normal home care regimen

- Possible side effects include but are not limited to: mild to extreme redness, temporary tightness, hyperpigmentation, itching, swelling, and dryness of the skin similar to a sunburn or windburn. This will usually subside in 2-3 days. A prescription of hydrocortisone, or over-the-counter hydrocortisone (Vanicream HC®) may be recommended if the skin is inflamed or irritated.

- You may GENTLY apply a cold compress to the treated area(s) as needed for any burning or irritation associated with your treatment.

- Make sure to avoid excessive heat on the treated area and direct sun exposure of any kind, as well as tanning beds and self-tanners to the treated areas for 4 weeks after treatment.

- Do NOT engage in strenuous exercise for 2-3 days after treatment because it may exacerbate the inflammatory and can cause your skin to become extremely inflamed.

- Sweating excessively after treatment can irritate the skin or cause blistering due to the sweat being unable to escape through the top layer of dead skin. Try to avoid sweating until after you have stopped peeling to avoid lifting the skin prematurely, as this can cause scarring.

- Do NOT use any acidic products such as retinoids or tretinoin, acne medication products such as Retin-A®, Tazorac®, Renova®, Atralin®, Ziana®, Veltin®, Differin®, the antibiotic Doxycycline, AHAs (lactic, glycolic, tartaric, etc.), BHAs (salicylic), benzoyl peroxide, vitamin C products, lightening agents such as hydroquinone or any exfoliative products including loofahs or coarse sponges to your skin for a minimum of 5 days -1 week after your chemical peel, you may need to extend another week or more if you notice your skin becomes sensitive to application. These medications and products increase your photosensitivity, which can significantly increase the likelihood of complications.

- Do NOT tweeze, pick, rub, exfoliate, wax, use a depilatory, undergo electrolysis, or schedule a facial or cosmetic service such as laser resurfacing, or IPL on a treated area(s) for 4 weeks after your treatment. To reduce the risk of scarring, you do not want to remove the dry, rough, dead skin faster than your body wants to.

- Do NOT get your hair dyed until a week after you have finished peeling, if your treatment was performed on the face or neck. For most people, week 3 post-peel is the best time to have your hair color treated.

- This procedure can stimulate cold sores. If you have an outbreak after your treatment, please call the office to inquire about obtaining a prescription.

How to Care for your Skin Post-Peel

- **Cleanse Gently:** Your skin may be fragile for 5-7 days. Cleanse your skin with COOL water (hot water will cause inflammation to the skin) using only your fingertips no washcloths, loofahs, buff puffs, sponges, Clarisonic®, etc. We recommend using the Revision Gentle Cleanser. Other mild cleansers such as Dove Unscented Bar Soap for Sensitive Skin®, Aveeno®, Cetaphil®, CeraVe®, or Vanicream® may be recommended by your esthetician, depending on your specific needs.

- **Moisturize Often:** Letting the skin dry out may cause discomfort. We recommend using Skinbetter Science Trio moisturizer or SkinCeuticals Phyto Corrective Gel® and SkinCeuticals Epidermal Repair® to help your skin recover.

For strong peels, you may use petroleum jelly for the first few days or as needed on sensitive areas that are peeling. When you start to peel, use a non-comedogenic moisturizer such as Aveeno®, Vanicream®, Cetaphil®, or CeraVe®, until the skin feels back to normal. This will promote the healing process by locking in moisture and reducing the chance of a bacterial

infection, redness, and irritation. Use these products several times per day or as needed. Topical hydrocortisone may be recommended, depending on your specific needs.

- **Protect Your Skin:** Heat and sun exposure can cause inflammation to the skin. Remember to avoid excessive heat on the treated area and direct sun exposure of any kind, as well as tanning bed and self-tanners to the planned treatment areas for 4 weeks after treatment. If you need to be outdoors, make sure to use an umbrella or wear a large-brimmed hat, a pair of sunglasses, and use a physical sunblock (containing zinc oxide and titanium dioxide). We recommend using SkinBetter Science SPF in liquid or compact form (tinted options available) Both of these products provide broad-spectrum protection from both UVA and UVB rays with no chemical sun filters. Apply 30 minutes before exposure and reapply often (about every 2 hours) when exposed to the sun. Other sunscreen products may be recommended depending on your specific needs. We always recommend the use of sunscreen to prevent sun damage to the skin. Sunscreen with SPF 30 or above should be used daily. If you are under the sun for prolonged periods of time, sunscreen needs to be reapplied at least once every 2-4 hours. It is imperative to use SPF to decrease the risk of hyperpigmentation.

Specific recommendations from the manufacture:

- ***Products to avoid** Do not use retinoid or retinol containing products such as AlphaRet or any other Vitamin A derivatives for a minimum of 5-7 days post treatment unless otherwise directed by your healthcare professional (per specific recommendations of SkinBetter Science AlphaRet Chemical Peel)

- **Soothe your skin** We recommend using SkinBetter Science Alto Defense Antioxidant Serum twice daily after the peel as it soothes and calms the skin

Disclosure- Failure to follow the previously mentioned instructions can result in adverse outcomes. It is imperative that you maintain open communication with your provider of your Aesthetic/Medical history and keep informed of any and all medications and or procedures that is in your active skincare regimen