

## **Radiance Peel Pre & Post Care**

### **ONE WEEK BEFORE YOUR RADIANCE PEEL/RADIANCE MINI PEEL TREATMENT:**

Avoid these products and/or procedures:

- Electrolysis
- Waxing
- Sunless tanning, spray tanning or UV free tanning
- Depilatory Creams
- Laser Hair Removal

-Patients who have medical cosmetic facial treatments or procedures (e.g. laser therapy, surgical procedures, cosmetic filler, microdermabrasion, etc.) should wait until skin sensitivity completely resolves.

Patients who have had BOTOX® injections should wait until all bruising subsides Retin-A® (tretinoin), Renova® (tretinoin), Differin® (adapalene), Tazorac® (tazarotene), Avage® (tazarotene).

-Any products containing Retinol, AHA or BHA, Benzoyl Peroxide or Hydroquinone.

-Any exfoliating products that may be drying or irritating

Note: the use of these products/treatments prior to your peel may increase skin sensitivity and cause stronger reactions.

### **AFTER YOUR RADIANCE PEEL/RADIANCE MINI PEEL TREATMENT:**

It is crucial to the health of your skin and success of your peel that these guidelines be followed:

-Your skin may have a light yellow tinge immediately after removal of the Radiance Invisible Mask or Radiance Mini Peel Solution. This is temporary and will fade in a few hours.

-It is imperative that you use sunscreen with an SPF of at least 30 and avoid direct sunlight for at least 1 week. Best results will be obtained with regular daily use of sunscreen (including re-application).

-Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as their skin may be more sensitive.

-Your skin may be more red than usual after removal of the Radiance Invisible Mask or Radiance Mini Peel Solution. Please avoid strenuous exercise during this time.

-Approximately 48 hours after the treatment, your skin will start to peel. This peeling will generally last 2 to 5 days. DO NOT PICK OR PULL THE SKIN.

-When washing your face, do not scrub, do not use a washcloth. Use the Soothe Cleanse provided.

- Apply the Soothe Balm as directed and as needed to relieve dryness, tightness and itching.
- Use only the products in your Radiance Peel/Radiance Mini Peel treatment kit. Do not use any other skincare products until directed to do so by your skincare professional.
- Wait until the peeling is complete before having **ANY OTHER FACIAL PROCEDURES, INCLUDING:** facials, microdermabrasions, laser treatments, laser hair removal, botox injections, and injectable fillers.

#### **ADVERSE EXPERIENCES THAT MAY OCCUR AFTER YOUR PEEL:**

It is common and expected that your skin will be red and possibly itchy and/or irritated. It is also possible that other adverse experiences (side effects) may occur. Although rare, the following adverse experiences have been reported by patients after having a Radiance Peel/Radiance Mini Peel treatment: skin breakout or acne, rash, dark spots (hyperpigmentation), light spots (hypopigmentation), swelling, burning and skin wrinkling (skin atrophy).

Call the office immediately if you have any unexpected problems after the procedure.

#### **LACK OF EFFECT:**

Although most people experience peeling of their facial skin, not every patient notices that their skin peels after a Radiance Peel/Radiance Mini Peel treatment. Lack of peeling is NOT an indication that the peel was unsuccessful. If you do not notice actual peeling, please know that you are still receiving all the benefits of the Radiance Peel/Radiance Mini Peel treatment, such as: improvement in skin tone, texture and a decrease in the appearance of fine lines and wrinkles.

There are a number of reasons why a patient may not have peeling or may experience minimum peeling. The reasons may include:

- Having peels regularly with a short interval between peels
- Frequent use of Retin-A, AHA, or other peeling agents prior to the Radiance Peel/RadianceMini Peel treatment
- Severe sun damage

Proper skin evaluation by your skin care professional prior to your peel is important and will help predict the outcome of your peel.