

Avalon Laser

PREPARING FOR YOUR CHEMICAL PEEL APPOINTMENT

A chemical peel can be a great treatment for skin that is sun damaged, has areas of uneven pigmentation, fine lines/wrinkles, milia, large pores, melasma, acne, and superficial acne scars. It is also very useful prior to getting an IPL/Photofacial treatment to remove overlying dead skin and increase the effectiveness of the laser.

Before your treatment:

- Please advise the staff as soon as possible if you are using Retin-A, Accutane, taking any antibiotics or may be pregnant. You must avoid glycolic acid, benzyl peroxide, salicylic acid or Retin-A for at least 3-5 days before your peel.
- If you have any allergies to Aspirin or Salicylate products, please inform the staff immediately as some peels cannot be used.

During your treatment:

- Your nurse or esthetician will assess your skin while thoroughly cleansing and degreasing it of any excess oils.
- A chemical solution formulated to meet your particular needs is carefully applied to the desired area.
- With each layer applied, you will feel a slight tingling or burning sensation. This will last 1-2 minutes.
- A hand-held fan is given to gently cool the skin during the peel, which can keep you more comfortable during the treatment.
- Depending on which peel is used, some peels may then be neutralized and others will be left to remain on the skin. A mineral based SPF may also be applied.

Immediately After:

- The skin may look and feel red, similar to a mild sunburn. Depending on the strength of the peeling agent, the redness can last from a few hours to a few days. Dark or pigmented areas may become darker before peeling away or lightening.
- In the first 1 to 2 days, your skin may simply feel "tight" and shiny before any peeling occurs. While some patients never fully peel, others can expect from 3-7 days of noticeable skin peeling. Again, this varies depending on the peeling agent used and your skin type. Your skin will benefit even without peeling from the nourishing and rejuvenating effects of the peel on the underlying skin cells. You will achieve the benefit of increased cell turnover and collagen production, which results in healthier skin.
- Some will notice mild to moderate skin pigmentation and a rough feel to the skin treated. This is temporary and will only last the duration of the peeling process, about 3-10 days.
- **Do not pick or peel off the dead skin!!** This is very crucial. Doing so can result in scarring, pigmentation and/or infection. Allow the skin to peel naturally on its own.
- Once healed, your skin should appear tighter, fresher and more even toned. For optimum results, we highly recommend a package of at least 3 peels, spaced at least 1 month apart.

At Home:

- **Stay out of the sun!** You must avoid direct sunlight for at least 7 days after your peel. Your skin will be very sensitive to sunlight! Use a mineral-based SPF of at least 30 every morning.
- **Don't wash your face the day of the treatment.** You may moisturize if feeling very dry - but do not over-moisturize! Your skin needs to peel. We highly recommend a moisturizer rich in vitamin C and other antioxidants and no more than twice a day if necessary.
- When washing your face the following day, we recommend a gentle moisturizing cleanser like Dove, Cetaphil or the antioxidant infused cleanser we offer.

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- **Do not** use glycolic acid, benzyl peroxide, salicylic acid or Retin-A for at least 3-5 days after your peel.
- Avoid any heat/trauma to the skin for at least 5 days, such as bathing with very hot water, sauna's, steam rooms, Jacuzzis/hot tubs, pools, facials, strenuous exercise, or massage.
- If excessive dryness/cracking occurs, use Aquaphor. Do not allow skin to become too dry too soon for this may result in scarring. If you see isolated areas of extra redness, an antibiotic cream such as Neosporin can be applied. For generalized redness or discomfort, 1% hydrocortisone may be applied twice a day for no more than 3 days.

Once Peeling is Completed:

- A Glycolic acid cleanser will help maintain the results of the chemical peel while also helping to clear up acne and minimizing fine lines and wrinkles.
- Hyaluronic Acid and/or Vitamin C rich serums will help rebuild the collagen lost from daily sun exposure and pollutants in the air.
- Moisturizers filled with antioxidants will give a more youthful appearance.
- Mineral Based SPF 30 will protect you from UVB and UVA rays that directly cause severe skin damage and skin cancer.

We ask clients that they provide at least a 24 hour notice before any changes or cancellations to scheduled appointments in order to avoid incurring a cancellation fee or forfeiture of service.