

# Perfect Derma Peel

## Before care:

- Avoid tanning beds, sunless tanning, and prolonged sun exposure for 4 weeks prior to treatment.
- Remove all makeup and lotion.
- Stop retinols, retinoids, hydroquinone for 3-5 days prior to treatment.

## After care:

**\*\*DO NOT pick/peel at dead skin. This can result in possible hyper/hypopigmentation.\*\***

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 (darker skin tone) 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 SPF 30 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 areas until peeling begins (usually Day 3). Avoid excessive sweating, sauna or heavy exercise during the 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 occurs 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.

Acne Patients: Day 10+

You may resume use of your normal skin care products. For active and severe acne patients, a series 3-4 The Perfect Derma Peel treatments can be done 3 – 4 weeks apart. Continue to protect the skin with an SPF 30 or above.

For active, mild or severe Melasma patients, a series of 3-4 Peel treatments should be used 3-4 weeks apart for optimal results, followed by the above skin care regimen. Continue to protect the skin with an SPF 30 or above.



If you have any questions or concerns, please give us a call at 909-793-2020 or text  
909-787-2074