



Pre & Post Care for all Chemical Peels

This document includes care instructions for all peels performed at Stark Aesthetics. Be sure to read and follow the directions that pertain to the peel you had only! Each peel is unique, if you have any questions, please contact us.

Before Treatment:

- ❖ If you use Accutane, you must wait 6+ months for peels
- ❖ Avoid retinol, tretinoin cream (Retin-A), waxing, electrolysis, masks, scrubs or exfoliants, tweezing, injections, microdermabrasion, the use of loofah or any products that may be drying or irritating for 1 week.
- ❖ Do not shave or dermaplane your face the day of the peel
- ❖ If you have open lesions, active cold sores, facial dermatitis or facial eruption you must wait until everything is healed.
- ❖ If you have a history of cold sores or significant allergies/sensitivities please let the provider know.

Contraindications:

You should not have treatment done if you have any of the following conditions:

- ❖ Sensitivity to acids, actives, Hydroquinone, are Pregnant or breastfeeding

Post-Procedure

- ❖ Some mild stinging, redness, changes in skin color are normal for the first few hours, or several days.
- ❖ Patients should avoid strenuous exercise for 72 hours
- ❖ Depending on the type of peel, you will be given specific instructions for skincare. Do not touch the face the day of the peel until it is time to wash or remove.
- ❖ We recommend waiting 2 weeks after the peel to have any other cosmetic procedures
- ❖ You can return to regular skin care and makeup after the peeling of skin is complete.
- ❖ Makeup over peeling skin won't sit well. It is very important to wear SPF and a hat to protect your skin. Re-apply throughout the day!
- ❖ Results from peels are immediate but will look best in a series. If doing a series of PerfectPeel or BioRePeel, book your second treatment for 2-4 weeks later.

BioRePeel

- ❖ Avoid any exfoliating agents for 48 hours prior to your appointment to ensure zero downtime
- ❖ Avoid AHAs, BHAs, and retinols for 7 days following your appointment
- ❖ Keep the skin very hydrated with a gentle moisturizer and constant use of SPF.
- ❖ To avoid peeling, it is important to reapply the moisturizing regimen throughout the day.

Perfect Peel

- ❖ Follow the directions in the post-peel kit.
- ❖ Ensure use of the exfoliant pads on day 2 to guarantee the peels efficacy. Peeling will begin on day 3-4. Do not peel the skin or it can cause scarring!
- ❖ Downtime is 1 week.

Cosmelan



- **Only leave on the Cosmelan mask for as long as your provider instructs.** Set a timer to ensure it's removed on time.
- Cosmelan 2 Cream advances the peel, which can cause skin sensitivity. If you feel very raw, dry, or uncomfortable, it is okay to skip an application of the Cosmelan 2 Cream. Resume as soon as your skin has rebounded, usually 1–3 days.
- Cosmelan 2 Cream is a cream and **not** a mask. Apply it in the thinnest layer possible and do not rinse. If the area being treated is on the body, do not wrap the skin.
- After cleansing, do not rub skin with a towel; pat dry only to avoid irritation.
- Avoid picking, rubbing, and scratching skin; do not physically remove flakes or scabs.
- Always wash hands before touching treated skin; try to avoid unnecessary touching. Exercise caution around children and pets to avoid contact with treated skin. Change pillowcases regularly and use clean towels.
- Avoid exercising, generating heat within the skin, and wearing makeup for 3 days after treatment.
- Take caution by using daily *SPF*, minimizing sun exposure and wearing a hat when outdoors.
- Reduce swelling and discomfort with the following recommendations:
 - Apply cold compresses as needed; frozen vegetable bags (such as peas) and soft gel packs work best. Always wrap them in a clean towel before applying to skin.
 - Take an oral over-the-counter anti-inflammatory and/or antihistamine as instructed on the packaging in the event of swelling.
 - Sleep with your head elevated and sleep on your back as much as possible.
 - Avoid soaking your skin under hot water in the shower. Cool water works best for cleansing.
- Be realistic with your expectations; you are going to look worse before better as the natural healing process takes place. Redness and skin sensitivity are normal and can last for weeks.

Skincare for Day of Cosmelan:

Night

1. After the designated time, remove Cosmelan mask with cool water and an old towel or cloth
2. Remove remaining residue with *cleanser* and gently massage skin for 30 seconds before rinsing with cool water; pat skin dry with a clean towel
 - Cleanse with
3. Apply a VERY thin layer of Cosmelan 2 Cream to the entire treatment area

For the next 13 days, follow the Cosmelan post-care regimen:

Morning

1. Use *cleanser* and gently massage skin for 30 seconds before rinsing with cool water; pat skin dry with a clean towel
2. Apply Cosmelan 2 Cream (VERY thin layer)
3. Apply *moisturizer*
4. Apply *SPF* and reapply throughout the day; try to avoid direct sun exposure as much as possible and wear a hat

Night

1. Use *cleanser* and gently massage skin for 30 seconds before rinsing with cool water; pat skin dry with a clean towel
2. Apply Cosmelan 2 Cream (VERY thin layer)



3. Apply moisturizer

After 14 days:

- Follow your maintenance regimen as provided by your provider.
- Continue to take care of your skin by using daily *SPF* and minimizing sun exposure.

*****Redness, swelling, stinging and sensitivity are all totally normal. If any of these are intolerable, please call the office for additional instructions.**

Contact the office immediately if you have any of the following:

- ❖ Fever of 101.5 or greater, Severe pain, blistering, changes in skin sensation

Please contact us at (323) 909-9434 if you have any questions or concerns.