

Chemical Peel

CONTRAINDICATIONS

- Immune or heart disorder
- Accutane
- Any medication that causes photosensitivity (antibiotics,)
- Retin-A, Tretinoin, Renova (Must discontinue use 5-7 days before treatment.)
- Active HSV infection
- Open sores or wounds on treatment area
- High blood pressure
- Recent facial waxing (in the past 72 hours)
- Recent facial surgery
- Permanent cosmetics (wait 7 days, will be covered with occlusive)
- Sunburn
- Pregnant or breastfeeding

PREPARE FOR APPOINTMENT

- Prepare skin with high-quality products using AHA's for several weeks prior and stop two days before your treatment. Use gentle products with minimal activity before treatment. Your aesthetician will recommend a home treatment.
- Do not shave or exfoliate the day of the treatment.
- Schedule waxing appointments 5-7 days before your treatment, 14 days for sensitive skin.
- Avoid sensitizing products with artificial fragrances, harsh preservatives, and dyes.
- Drink plenty of water. Hydrated skin is healthy skin!
- Best results are achieved in a series of 4 to 6 peels, scheduled according to the needs of your skin and aesthetician's recommendation.

WHAT NOT TO DO

- No working out, washing your face, taking hot showers, or applying anything topically until the recommended time has passed.
- Make sure you do not have any direct sun exposure. If you are going to be out in the sun, make sure you are wearing a hat that will shade your face. SPF 30 is to be reapplied every 2 hours even if you are not in direct sunlight.
- No exfoliation for at least 7 days. This includes any scrubs, acids, enzymes. Let the skin go through the healing process before you try to exfoliate or use acne products. Avoid products containing Alpha Hydroxy Acids for 7 days.
- You should not apply any product other than moisturizer and SPF 30. Avoid washing your face, apply any serums, oils, etc. or raise your core temperature/blood pressure for 24 hours. Any of these things can reactivate your chemical peel.
- No waxing appointments until 14 days after your treatment.

WHAT TO KNOW

A proper home care regimen is highly recommended to receive the desired results when doing any chemical exfoliation procedures. 70% of results are achieved through proper homecare. If you have any questions or concerns about anything whatsoever, please feel free to call us so we can assist you.

WHAT TO EXPECT DURING HEALING

DAYS 1 & 2: Skin will feel very tight and dry, you may even start to get a bit flaky. Keep hydrated with a good moisturizer but avoid anything too heavy or oil-based unless recommended.

DAYS 3 & 5: You will most likely peel during this time. If you do not peel, DON'T WORRY, you are still getting the benefits of the acids. If you do peel, make sure you do not pick or pull at the skin as this will cause pigmentation. DO NOT pick at flakes or help them flake off, moisturize instead.

DAYS 6 & 7: The skin should be almost completely healed on the surface and any peeling will be mainly around the perimeter of the face. SPF MUST BE WORN EVERY SINGLE DAY.

Please contact APEX Performance & Aesthetics with any questions or concerns

E-mail:

info@apexperformancemedspa.com

Address:

11449 South 1000 East, Suite #101

Sandy, UT 84094

Phone:

(385) 378-8200