

post-procedure skin treatment tips

for two days post-procedure:

• Stay cool! Heating internally can cause hyperpigmentation. • Do not put the treated area directly into a hot shower spray. • Do not use hot tubs, steam rooms or saunas. • Do not go swimming. • Do not participate in activities that would cause excessive perspiration. • Do not use loofahs or other means of mechanical exfoliation. • Do not direct a hair dryer onto the treated area. • Do not apply ice or ice water to the treated area.

general guidelines:

- After receiving a PCA SKIN[®] professional treatment, you should not necessarily expect to 'peel'. However, light flaking in a few localized areas for several days is typical. Most patients who undergo these treatments have residual redness for approximately one to twelve hours post-procedure.
- As with all peels and treatments, it is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight; however, makeup may be applied 15 minutes after the treatment if desired.
- To minimize side effects and maximize results use the **Post-Procedure Solution** for three to five days or until flaking has resolved.
- If the skin feels tight, apply **ReBalance** for normal to oily skin types or **Silkcoat[®] Balm** for drier skin types to moisturize as needed. For maximum hydration, you can apply **Hydrating Serum** under **ReBalance** or **Silkcoat[®] Balm**.
- Moisturizer should be applied at least twice a day but can be applied more frequently for hydration and to decrease the appearance of flaking.
- It is recommended that other topical, over-the-counter medications or alpha hydroxy acid products not be applied to the skin seven days post procedure, as they may cause irritation.
- It is recommended to delay use of tretinoin, Retin-A[®], Differin[®], Renova[®], Tazorac[®], Avage[®], EpiDuo[™] or Ziana[®] five days post-procedure. Consult your physician before temporarily discontinuing use of any prescription medications.
- Avoid direct sun exposure and excessive heat. Use **Weightless Protection SPF 45, Perfecting Protection SPF 30, Protecting Hydrator SPF 30** or **Hydrator Plus SPF 30** for broad-spectrum UV protection.
- Do not go to a tanning bed for at least two weeks post-procedure. This practice should be discontinued due to the increased risk of skin cancer and signs of aging.
- Do not pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation.
- Do not have electrolysis, facial waxing or use depilatories for approximately five days.

Do not have another treatment until your clinician advises you to do so.