

post-procedure

post-procedure skin treatment tips

- 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 necessary.
- If the skin feels tight, apply **ReBalance** (pHaze 17) for oily to normal skin types or **silkcoat® balm** (pHaze 20) for drier skin types to moisturize as needed. You may also combine **ReBalance** (pHaze 17) or **silkcoat® balm** (pHaze 20) with **hydrating serum** (pHaze 43) for maximum hydration.
- 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 Retin-A®, Differin®, Renova®, Tazorac® or Avage® five days post-procedure. Consult your physician before temporarily discontinuing use of any prescription medications.
- Avoid direct sun exposure and excessive heat. Use **hydrator plus SPF 25** (pHaze 6+) or **protecting hydrator SPF 25** (pHaze 7) for broad-spectrum UV protection.
- Do not go to a tanning bed for at least two weeks post-procedure (this practice should be discontinued).
- Do not pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation.
- Do not have electrolysis, facial waxing and/or use depilatories for approximately five days.

FOR THE NEXT TWO-DAY PERIOD:

- Keep cool.
- 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.

DO NOT HAVE ANOTHER TREATMENT UNTIL YOUR CLINICIAN ADVISES YOU TO DO SO.

X

Client Signature

post-procedure (cont.)

post-procedure daily care regimen

This regimen is designed to soothe, hydrate and repair the skin after any PCA SKIN® chemical peel or professional treatment, microdermabrasion, non-ablative laser or IPL treatment.

Days 1-10

Morning:

1. Cleanse with a dime-sized amount of **facial wash** (pHaze 1). Rinse with warm water and pat dry.
2. Apply a nickel-sized mixture of **après peel® soothing balm** (0.5% hydrocortisone) (pHaze 11) and **ReBalance** (pHaze 17) to help inhibit redness and inflammation.
3. Apply a nickel-sized amount of **hydrator plus SPF 25** (pHaze 6+) for daytime moisture and broad-spectrum UV protection.
4. Repeat steps 2 and 3 as necessary to keep the skin lubricated, protected and comfortable throughout the day.

Evening:

1. Cleanse with a dime-sized amount of **facial wash** (pHaze 1). Rinse with warm water and pat dry.
2. Apply a nickel-sized mixture of **après peel® soothing balm** (0.5% hydrocortisone) (pHaze 11) and **ReBalance** (pHaze 17) to help inhibit redness and inflammation.
3. Apply a nickel-sized amount of **silkcoat® balm** (pHaze 20) as a nighttime moisturizing treatment for your skin.

NOTE: IF YOUR PHYSICIAN OR SKIN CARE PROFESSIONAL HAS MADE RECOMMENDATIONS DIFFERENT FROM THOSE STATED ABOVE, PLEASE FOLLOW THE RECOMMENDATIONS OF YOUR PHYSICIAN OR SKIN CARE PROFESSIONAL.

Days 11+

Return to your regular PCA SKIN daily care regimen as recommended by your physician or skin care professional.