

## VITALIZE PEEL® POST-PEEL INSTRUCTIONS

<p><b>IMMEDIATELY AFTER THE PEEL AND UP TO 24 HOURS</b></p>	<p>Skin may be tight and more red than usual.          Skin may feel tacky and have a yellow to orange tinge. This is temporary and will fade in a few hours.          Wait until bedtime before washing your face.  <b>Start applying moisturizer after washing your face at bedtime the same night of the peel.</b>          Avoid strenuous exercise starting the day of procedure and while the skin is peeling.</p>
<p><b>24 HOURS AFTER THE PEEL AND UNTIL THE PEELING IS COMPLETE</b></p>	<p>Skin may be tight until it starts to peel.          Peeling will generally start between 48-72 hours after the procedure and can last 2 to 5 days.          For the first 48 hours or before the skin starts to peel/flake, moisturizer can be applied twice a day.          When the skin is peeling, moisturizer should be reapplied <u>more frequently</u> to control the peeling.  <b>DO NOT PICK OR PULL THE SKIN.</b> Allow skin to peel at its own pace.  <b>Premature peeling of the skin will result in dry, cracked, raw skin that may develop into post-inflammatory hyperpigmentation.</b></p>
<p><b>AFTER THE PEELING IS COMPLETE</b></p>	<p>You may resume the regular use of retinol, alpha-hydroxy acid (AHA) products or bleaching creams <b>ONLY</b> after the peeling process is completed.          Wait until peeling has completed before having <b>ANY OTHER FACIAL PROCEDURES</b> including facials, microdermabrasions, facial hair removal (including laser hair removal), injections or injectable fillers.</p>
<p><b>POST-PEEL SKIN CARE REGIMEN</b></p>	<p><b>Cleanse:</b>          Use a gentle, soap-free cleanser like SkinMedica® Sensitive Skin Cleanser or SkinMedica® Facial Cleanser. Wash the face gently and <b>avoid rubbing the skin.</b> Do not use a facial cleansing device (ie, <i>Clarisonic</i>®) until the peeling process is complete. Do not scrub or use a washcloth while the skin is peeling.</p> <p><b>Moisturize:</b>          While skin is peeling, apply SkinMedica® TNS Ceramide Treatment Cream™ (or any other SkinMedica® moisturizer recommended by a medical professional) and SkinMedica® HA<sup>5</sup> Rejuvenating Hydrator as often as needed to relieve any dryness and control peeling. Apply all topical skin care products gently and <b>avoid rubbing the skin.</b></p> <p><b>Sun Protection:</b>          Apply Essential Defense Mineral Shield Broad Spectrum SPF 35 Sunscreen or Essential Defense Mineral Shield Broad Spectrum SPF 32 Sunscreen Tinted in the AM and throughout the day. <b>AVOID</b> direct sunlight for at least one week.</p>
<p><b>SERIES OF PEELS</b></p>	<p>Vitalize Peel® can be applied every 3-4 weeks until desired results are achieved. Results are cumulative and maximum benefits are seen with a series of three or more peels.</p>