



## TREATMENT INSTRUCTIONS | VITALIZE PEEL

(Patient Take Home)

### BEFORE TREATMENT

- No use of Retin-A, Glycolic Acids, AHA's, for five days prior to treatment.
- No use of Accutane six months prior to treatment.
- Men should not shave 1-2 days prior to treatment, electric razor preferred.
- No waxing in treated areas two weeks prior to treatment.
- No peels, laser resurfacing or medical grade exfoliation within two weeks of treatment.
- Cannot have active Herpes Simplex blisters/cold sores.
- Use suggested home care products to maximize results.
- Hyper pigmented skin should be pre-treated with proper homecare prior to treatment to minimize pigmentation changes.
- Client should not be allergic to aspirin.
- Client should not be pregnant or lactating.

### AFTER TREATMENT

- Avoid excessive heat the day of treatment, (may cause sensitivity).
- Avoid chlorine day of treatment.
- Avoid tanning beds and direct sunlight for at least one week after treatment.
- Avoid waxing in treated areas for 1-2 weeks post treatment.
- No use of glycolics, retinols, or scrubs for 1-2 weeks post procedure.
- Use suggested home care products to maximize results, especially a SPF 30 sun block.
- Maintain proper internal and external hydration.
- Slight windburn sensation is normal for first few days.
- No picking or pulling, flaking skin post treatment, allow skin to heal naturally.

### FOLLOW UP

- Follow-up appointment recommended in 3-4 weeks.
- A series of three treatments performed once monthly will produce optimal results.
- Recommend appropriate facial one week post peel.
- Series may be repeated once or twice annually.