

## AL DERMATOLOGY PC

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### **Post Treatment Instructions for Glycolic/Jessner/TCA Peel/Vitalize peel**

For the next 7 days or so your skin will shed its dead layer. You may not be able to see the peeling, but, when visible, the peeling begins 2-4 days after the peel and usually lasts for 3 days. In addition, you may feel some mild tightness or itching. To achieve the BEST RESULTS from the peel, follow these instructions:

1. If you had Vitalize peel done and it was applied in the morning leave it on all day. Wash your face with mild cleanser (i.e CeraVe foaming Cleanser) that night
2. If you had the Vitalize peel done and it was applied in the afternoon leave it on overnight. Wash it off the following morning, using only your hands (no washcloth, loofah, brush, etc)
3. If you experience discomfort or swelling apply an ice pack or a cool compress for 10 minutes a few times a day.
4. Apply \_\_\_\_\_ 2x day or as often as needed.
5. If you plan to be outdoors, apply sunscreen AT LEAST an SPF 30. Avoid prolonged sun exposure between 10 AM and 3 PM, when the sun's rays are the strongest. Use protection hats and clothing.
6. Do not have any other facial treatments for at least 7 days after the peel, avoid Clarisonic or any facial brushes or devices for minimum of 5 to 7 days.
7. You may apply makeup once skin has stopped aggressively peeling
8. Do not pick or pull on the skin. Let the skin shed as its own rate
9. If you have any questions, please call our office at (212) 674-7777