

DEEP PEELS

Pre-Treatment Instructions

Day One (Day of the Peel)

- Eat something light prior to the peel
- Mild erythema (redness) is produced
- A minimal feeling of activity may be experienced
- Sensations usually subside in 5 to 10 minutes
- A light frost (white color) may appear (if received chemical peel)
- Frost will resolve within 30 minutes - 1 hour (if received chemical peel)
- Skin feels and appears slightly sunburned
- Do not wet the skin with water unless extreme reaction occurs
- Skin is extremely sensitive to UV exposure

Day Two

- Redness turns tan and brown spots may darken
- Skin is dry, tight and may be uncomfortable
- Do not wash or moisturize the skin

Day Three

- Skin will begin to peel
- Do not pick or pull the skin - If necessary cut with clean small scissors
- Initial peeling is seen around the mouth
- Wash with a gentle cleanser am and pm
- Apply SPF 30 or higher in the morning
- Apply moisturizer in the evening

Day Four

- flaking and peeling continues
- sheets of skin may hang and be annoying
- picking loose skin may cause complications
- trim peeling layers of skin rather than pick
- cleanse, moisturize and protect

Pre-Treatment Instructions

Day Five

- Healing is not complete
- Skin is continuing to peel
- Cleanse, moisturize and protect

Day Six

- Peeling is beginning to resolve
- Healthy pink skin is being revealed
- Peeling skin may persist in the oval of the face
- Cleanse, moisturize and protect

Day Seven through Day Nine

- Skin is pink and sensitive
- Do not use any irritating agents
- Cleanse, moisturize and protect
- Resume corrective treatment on Day Ten

Day Ten

- Healing is complete
- Skin is healthier
- Appears refined and less blotchy
- Return to corrective treatment products
- Sunscreen and sun avoidance will prolong results
- Monthly in-clinic treatment is recommended to maintain skin health

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!

Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!