



### *Aftercare Instructions for Vitalize Peel*

- *Immediately after the peel your skin will be light yellow. This is temporary and will fade in 1 to 2 hours.*
- *If you have hypersensitivity to the sun, take extra precautions to guard against exposure immediately following the procedure as you will be more sensitive following the treatment.*
- *Your skin may be more red than usual for 2 to 3 days. Please avoid strenuous exercise during this time.*
- *Approximately 48 hours after the treatment, your skin will start to peel. This peeling will generally last 2 to 3 days. **DO NOT PICK OR PULL THE SKIN IN ORDER TO AVOID SCARRING OR HYPERPIGMENTATION.***
- *When washing your face, do not scrub. Use a gentle cleanser such as SkinMedica Sensitive Skin Cleanser or any other cleanser that does not contain soap. Wait 4 hours after peel before washing face or applying foundation. A mineral pressed or loose powder is best for the first week.*
- *Apply light moisturizer such as SkinMedica Rejuvenative or Ultra Sheer Moisturizer as often as needed to relieve dryness and tightness.*
- *Use a sunscreen with an SPF of at least 20, such as Daily Sun Protection for Faces, SPF 20 and avoid direct sunlight for at least 1 week.*
- *Do not have any other facial treatment for at least one week after your peel.*
- *You may resume the regular use of Retin-A, alpha-hydroxy acid (AHA) products or bleaching creams **ONLY** after the peeling process is complete.*

*Call the office immediately if you have any unexpected problems after the procedure.  
904.854.4800.*