



Post-Procedure Skin Peel Treatments

For two days post-procedure:

- Stay cool! Heating internally can cause hyperpigmentation.
- Do not put the treated area directly into a hot shower spray.
- Do not use hot tubs, steam rooms or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of mechanical exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to the treated area.

General Guidelines:

- After receiving a PCA SKIN® professional treatment, you should not necessarily expect to “peel”. However, light flaking in a few localized areas for several days is typical. Most patients who undergo these treatments have residual redness for approximately one to 12 hours post-procedure.
- As with all peels and treatments, it is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight; however, makeup may be applied 15 minutes after the treatment if desired.
- To minimize side effects and maximize results use the Post-Procedure Solution for three to five days or until flaking has resolved.
- If the skin feels tight, apply ReBalance for normal to oily skin types or Silkcoat® Balm for drier skin types to moisturize as needed.
- Moisturizer should be applied at least twice a day, but can be applied more frequently for hydration and to decrease the appearance of flaking.
- It is recommended that other topical, over-the-counter medications or alpha hydroxy acid products not be applied to the skin seven days post-procedure, as they may cause irritation.
- It is recommended to delay use of Tretinoin, Retin-A,® Differin,® Renova,® Tazorac,® Avage,® EpiDuo™ or Ziana® five days post-procedure. Consult your physician before temporarily discontinuing use of any prescription medications.
- Avoid direct sun exposure and excessive heat. Always wear a Broad Spectrum Sunscreen (even if it is cloudy)
- Do not go to a tanning bed for at least two weeks post-procedure. This practice should be discontinued due to the increased risk of skin cancer and signs of aging.
- Do not pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation.
- Do not have electrolysis, facial waxing or use depilatories for approximately five days.

SKIN CARE 101

This is a brief explanation of skin and some primary principles that will yield the best outcomes for your skin care regimen.

- Your skin is the largest organ (yes organ) of the human body. It has many functions, primarily to protect you, so don't you think you should protect it the best you can????
- Your skin is alive, this means you can make change in your skin, even at an older age.
- Your skin is very smart, so we must "trick" it into performing and functioning the way we want it to through topicals and professional treatments.

The foundation for healthy skin is CLEANSING AND EXFOLIATING!

- Most people do NOT exfoliate enough.
- Exfoliation is both chemical AND physical. Chemical is glycolics, salicylics, retinols, Skin/Chemical Peels, etc. Examples of Physical Exfoliation are scrubs, facial brushes, Dermaplaning, Microdermabrasion and so forth. Both forms are necessary for optimal skin health. The more skin you remove, the more skin you will build.
- Re-Building Skin is MANDATORY! This means, with exfoliation, you must also re-build. You cannot do one without the other, if you do, your skin will become red, dry, irritated, may produce more oil etc. It will become a mess if you do one without the other - it's like football, you cannot win games with just the defense or just the offense - you must have BOTH!
- Topical prescriptions are NOT usually necessary and often act as a "Band-Aid" to your skin concern rather than a solution.

OTC (over-the-counter) products verses Professional Products

- We at NLA have nothing good to say about OTC products and/or products advertised on the tv/radio.
- If you are receiving regular professional treatments from your Aesthetician, it will be in your best interest to use the professional product lines recommended to compliment the treatments and yield the best possible outcome for your skin. Also, when receiving corrective treatments, ie. peels etc., you should be working with your Aesthetician on post care and circulating your products. If you are using products outside the treatment plan and recommendations, your treatments may not yield the best results and you may have skin reactions that cannot be isolated to any ingredients due to using non-recommended products at home. All aestheticians at NLA are highly educated and certified in the professional skin care lines we carry and this is a benefit to the client and will yield positive results when directions are followed.

Improve the Integrity of Your Skin

- I recommend receiving two (2) treatments per month to improve and maintain optimal skin health. We believe that the better the health and integrity of the skin, the more resilience it will have in the fight against aging, keratosis and skin cancer.