



# PREPARATION FOR A PEEL TREATMENT

St. Clair Skin Care ~ Love the Skin You're In

How exciting your appointment is right around the corner! That means that soon you'll be enjoying a light to medium depth chemical peel treatment. Please follow the outline below to prepare for your peel.

**1) Please refrain from these activities within 14 days leading up to your appointment:**

- Having a chemical peel
- Tanning in a tanning booth - this practice should be discontinued
- Having a wax or chemical depilatory treatment (5-7 days prior to your appt)
- Getting Botox®, collagen or other dermal filler injections (7 days prior to your appt)
- Microdermabrasion treatments

**2) If you are lactating, pregnant or think you might be pregnant**

Unfortunately, you are not a candidate for this procedure at this time ~ please contact me for an appointment after you have had your baby.

**3) Please refrain from sun exposure for ten (10) days prior to your appointment**

Do not come to the appointment sunburned - Please let me know in advance if you are unable to keep your appointment.

**4) Delay use of products such as ~Retin-A®, Renova®, Differin®, Tazorac®, Agage®**

And all high percentage glycolic acid products for approximately five (5) to ten (10) days prior to your appointment. Use of any of these products will take the treatment deeper and make your results less predictable. Please consult the dispensing physician before discontinuing the use of any prescription medication.

**5) Follow your regular AM/PM skin care regime prior to your peel**

This will prepare the skin and allow for better treatment results.

These superficial peels result in little to no down time. Treatments may include slight redness, tightness, peeling, flaking and/or temporary dryness. Most patients find it unnecessary to apply makeup, as your skin will be smooth, dewy and radiant following your treatment. If you would like to apply makeup, allow approximately 15 minutes for the pH of the skin to stabilize before applying foundation.

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