

### Rejuvenize Peel Aftercare

#### **What to expect immediately after treatment:**

\*To achieve the full benefits of the Rejuvenize Peel, do not wash your face for at least 6-hours after your treatment. \*

- Skin may feel tacky and have a yellow to orange tinge due to the retinol. This is temporary and will fade in a few hours.
- The skin may feel very hot for a few hours after the treatment. (Over the next couple of days, it is normal for your skin to feel tight and slightly sunburned. If there is significant discomfort, please contact the office immediately.)
- It is possible to have mild to moderate swelling around the eyes.

#### **24-hours after treatment (and until peeling is complete):**

- Skin may feel tight, hot, and itchy.
- Peeling will generally start 48-72 hours after the procedure and can last 2-5 days.
- DO NOT PICK OR PULL THE SKIN – allow skin to peel at its own pace.

#### **Post-Peel Care**

1. Cleanse: Use a gentle cleanser. (Remember, while your skin is peeling, do not scrub.)
2. Moisturize: Apply moisturizer as often as needed.
3. Protect: Apply sunscreen throughout the day and avoid direct sunlight for at least 1 week.
4. Use burn free as needed.

#### **What to avoid**

- Please avoid strenuous exercise the day of the treatment and until your skin has stopped peeling.
- Please avoid the following products/procedures until your skin has completely stopped peeling:
  - Retin-A, retinol, alpha-hydroxy acid (AHA) products or bleaching creams
  - Facials, facial hair removal, microdermabrasion, and laser treatments