



**IMAGE**

AGE LATER INSTITUTE

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## **I PEEL** pre/post peel guidelines

**IT IS CRUCIAL TO THE HEALTH OF YOUR SKIN AND THE SUCCESS OF YOUR PEEL THAT THESE GUIDELINES BE FOLLOWED FOR THE NEXT 5-7 DAYS:**

- 1) Do not do anything that will cause your body to become heated or to perspire. This may lead to inflammation and/or breakout (*Exercise, sauna, hot tubs, etc.*)
- 2) Always use warm water on your face and do not scrub. Avoid chlorine.
- 3) You may or may not experience some visual flaking or shedding of the skin approximately 2-4 days post peel. The amount of visual flaking is not indicative of your end results. If heavier shedding is present, do not under any circumstances, pick or manually peel the skin
- 4) You must take precautions to avoid sun exposure in order to protect your skin as well as to get the full benefit of the peel. Peels increase your skin's sensitivity to the sun and particularly the possibility of sunburn. Exposure to UV rays can cause hyper pigmentation, freckling and sun damage. We recommend that you stay indoors as much as possible and use **PREVENTION+ ultimate protection moisturizer SPF 50** daily.
- 5) We suggest if you choose to apply makeup after your peel you use Image I-Conceal Flawless Foundation SPF 30. The ingredients in this foundation are safe post peel and encourage healing with the benefits of additional sun protection.
- 6) Do not use any glycolic, retinol, or Retinol-A for 5-7 days or until your skin is back to normal. This is the reason you are supplied the Post Treatment Kit providing the proper at home care post peel. You can resume your regular at home Image regimen after the 5-7 days. This time may vary depending on the peel performed and each individuals healing process.
- 7) For men, do not shave for at least 48 hours after peel.

**TO AVOID INJURY TO THE SKIN, FOR THE 10 DAYS FOLLOWING THE PEEL, PLEASE DO NOT:**

- peel, pick, scrape or abrade the skin
- have an electrolysis or laser treatment
- use tanning beds or sunbathe
- perform certain hair services using chemicals
- facial wax, thread or use depilatory products
- receive aesthetic injections
- have another treatment until your Esthetician advises you to do so

**SLIGHT REDNESS OR SWELLING MIGHT OCCUR IMMEDIATELY AFTER THE PEEL. THIS USUALLY GOES AWAY WITHIN 24 HOURS. SOME CLIENTS EXPERIENCE TEMPORARY SKIN DISCOLORATION. YOU MAY HAVE AN AREA OF SCABBING OR CRUSTING IN CASES OF SEVERE SENSITIVITY, THIS IS VERY RARE. IF IT IS BOTHERSOME YOU MAY APPLY AQUAFOR TO THE AFFECTED AREA. (FOUND AT YOUR LOCAL DRUGSTORE) CALL YOUR AESTHETICIAN IMMEDIATELY IF ANY OF THESE CONDITIONS DO NOT RESOLVE WITHIN 24 HOURS.**

For best results, a series of 6-8 peels every 2-4 weeks is suggested. Using the correct at home care regimen to keep the results and corrections on going is also suggested. Your esthetician will help you decide which program works best for you, as they vary based on skin conditions.