



## Mill Plain Medical Aesthetics, PC

### Pre and Post Care Instructions for Algae Herbal Peel Treatment and Chemical Peel

#### Pre-Treatment

- Do not apply any exfoliant, scrub, Retin A, Tretinoin, retinoids, hydroquinone, benzoyl peroxide or topical acne medications at least 1 week before treatment.
- You should not have a Peel if you have active rosacea, had waxing (within a week), sunburned skin, skin cancer or have seafood allergy for the Herbal Algae Peel or aspirin allergy for the Chemical Peel.
- If you have a history of cold sores please let your provider know, they may put you on an anti-viral medication prior to treatment.
- You are not a candidate if you are pregnant or breast feeding.

#### Post-Treatment Algae Herbal Peel

- Do not wash your face for 24 hours.
- After 24 hours wash your face with the **Vanishing Act Soap**, gently remove soap with the soft washcloth provided. Let your face air dry.
- Apply the **Aloe Sunburn Relief Gel** and **Day shield SPF 30 sunscreen**. If your skin feels too tight you may apply the **Light Moisture Cream**.
- The skin should begin to peel after approximately 2 to 4 days.
- Stay out of the sun during the first few days. Use sunscreen.
- It is recommended that you return for a mini-facial (included with the peel/mask) to facilitate the removal of dead skin. DO NOT pick at skin when it is peeling. You can use **the Bamboo Exfoliating Cleanser** to help the removal of dead skin. It is also highly recommended to apply the **Natural Bright Serum** twice a day for better results.
- You will begin to notice improved skin immediately, with particular improvements in scarred, hyperpigmentation or wrinkled skin.
- Recommended treatment is once a month for three to four months, then repeated as needed. Sensitive skin may only tolerate 2 treatments annually.

#### Post-Treatment Chemical Peel

- Do not wash your face for at least 6 hours.
- After 6 hours use the facial wipes provided. Do not apply anything on your skin till the next morning.
- Use the second wipe supplied and the liberal use of the post treatment lotion should be applied.
- You may then follow the post care instructions above for the Algae Herbal Peel.