



## **Glytone® Mandelic, Jessner's, TCA, Jessner's + TCA, and Salicylic Acid Peels Pre & Post-Care Instructions**

### **Pre-Treatment Instructions:**

- Do not have a Jessner's Peel, Salicylic Peel, or TCA Peel if you are pregnant or breastfeeding.
- If allergic to any peel ingredients, please inform your provider.
- 3 DAYS BEFORE treatment: AVOID topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other "anti-aging", "acne", and "bleaching" products. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Inform your provider if you have a history of facial herpes simplex (cold sores) to receive advice on antiviral therapy prior to treatment.

### **Immediately After Treatment:**

- Some redness and tightness of the skin is possible for 2 to 3 days. Your skin can be sensitive for up to 5 days post procedure.
- Avoid contact with water to the treated area for 12 hours, including swimming, hot tubs, and saunas.
- Avoid exercise or any activity that causes perspiration (with the exception of light walking) for the first 24 hours following treatment.
- You may apply *your post procedure* skin care products as often as needed during your healing time.
- Avoid sun exposure and sun lamps.

### **The Next Day After Treatment (the start of the peeling process):**

- Wash face with a gentle cleanser, using your hands only. Gently pat dry skin.
  - Avoid glycolic and salicylic acids, Vitamin C, scrubs, topical acne products, Tretinoin (Retin-A), and Retinol creams for 3 – 10 days, as directed by your provider:
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- Avoid using a Clarisonic® or any facial brushes or devices for a minimum of 10 days.
  - Apply a sunscreen with an SPF of 40 or higher and a barrier cream (i.e. Avene® moisturizers) as recommended by your provider to protect, soothe and hydrate the skin. Apply as often as needed for comfort.
  - You may apply makeup once skin has stopped aggressively peeling.
  - For more aggressive peels, by the 3<sup>rd</sup> and 4<sup>th</sup> day, peeling will be the heaviest.
  - Do not pick or pull on the skin. Let the skin shed at its own rate.
  - After this peeling phase, your skin may look or feel like a mild windburn for the next 2 to 3 days.
  - Up to one week, mild to moderate flaking will occur.
  - Wait a minimum of 3 to 4 weeks (or as directed by your provider) before receiving any additional skin care or laser treatments.
  - If there is no peeling or flaking post peel, this does not mean your peel did not work. There can be many factors which contribute to whether the skin will peel excessively or not.

**Please contact us at 520.795.7729 if you have any questions or concerns.**