



Vitalize Peel® Pre & Post-Care Instructions

Pre-Treatment Instructions:

- 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, and excessive sun or heat lamp exposure.
- Inform your provider if you have a history of recurring facial or oral herpes (cold sores / fever blisters) to receive advice on antiviral therapy prior to treatment.
- Do not have a Vitalize Peel® if you are pregnant, breastfeeding, or allergic to any of its ingredients. Please inform your provider if you have any questions about this prior to the treatment.

Immediately After Treatment:

If receiving the Vitalize Peel® in the AM:

You should leave the Vitalize Peel on all day. Wash your face with a mild cleanser (i.e. Avene® Tolerance Extremely Gentle Cleanser) that night.

If receiving the peel in the PM:

You should leave the Vitalize Peel on overnight. Wash it off the following morning, using only your hands (no washcloth, loofah, brush, etc.). If you experience extreme discomfort, you may wash the peel off prematurely, however, you may lose some or all of the effectiveness of the peel.

- DO NOT rinse or wash the face or use any skin care products (except the recommended sunscreen as needed) during this leave-on period.
- **AVOID UV exposure.**
- You may experience some tenderness and heat of the skin that can last for a few hours or a few days.
- Redness and swelling are normal.
- **AVOID exercise or strenuous activities** (with the exception of light walking) for the first 5 days following treatment.
- Avoid swimming, hot tub, and sauna use for a minimum of 5 days following treatment.

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

- Wash face with a gentle cleanser (i.e. Avene® Tolerance Extremely Gentle Cleanser) using your hands only. Gently pat skin dry.
- Avoid using any facial brushes or devices for a minimum 7 days.
- Apply a sunscreen with an SPF of 40 or higher and a barrier cream (i.e., Avene® Cicalfate+ Restorative Protective Cream) 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.
- By the 3rd and 4th day, the peeling will be the heaviest.
- DO NOT PICK OR PULL ON THE SKIN. Let the skin shed as 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.
- Avoid glycolic acids, Vitamin C, scrubs, Tretinoin (Retin-A), and Retinol creams for 7 days.
- Avoid sun exposure and sun lamps.
- Avoid pets having contact with treated skin.
- 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.