

SkinMedica Peel Information Sheet

A chemical peel is a treatment performed by your medical professional. An acid solution is used to treat and improve the skin by removing the damaged outer layers of the skin, enhancing and smoothing the texture. SkinMedica offers a comprehensive system of three peels, each designed to treat skin conditions from mild to severe, including photo damaged skin, fine lines and wrinkles, pigmentary abnormalities, acne scarring and acne.

One week before your SkinMedica peel avoid these products and procedures: waxing, laser hair removal, electrolysis and depilatory creams. Patients who have had laser therapy, microdermabrasion etc. should wait until skin sensitivity completely resolves before receiving a peel.

Two to three days before your SkinMedica peel avoid these products and procedures: Retin-A, products containing retinol, alpha-hydroxy acid (AHA), beta-hydroxy acid (BHA), benzoyl peroxide or any exfoliating products that may be drying or irritating.

The day of your peel you will leave our office with the peel on and can but don't have to, wash with a gentle cleanser seven hours later. Please avoid exercise and sweating once the peel is applied. You will have a light yellowish cast to your skin that will fade within two hours but make up can be applied on top of this peel. Please limit sun exposure the day of your peel and for at least 10 days after.

48 hours later your skin will begin the shedding process. Do not pick or pull at the skin. Apply SkinMedica moisturizer as often as needed and sunscreen during the day.

For optimal results use the following SkinMedica products following a peel:

A.M & P.M

Facial Cleanser

TNS Recovery Complex

Ultra Sheer Moisturizer or TNS Ceramide Cream

Daily Defense Sunscreen SPF30+

If you have any questions regarding the SkinMedica peels please contact us any time.

Beachwood office: Correne or Jill at (216) 464-7333

Lake office: Correne at (440) 946-9080

Patient Notes: