



L Y N N E  
H E R R O

## Preparing for a PCA SKIN peel treatment

Please follow the below recommendations to prepare for PCA SKIN professional treatment

- For best results, it is recommended to use PCA SKIN daily care products or those products agreed to during the consultation process at least two weeks prior to treatment.
- It is recommended that sun exposure be avoided for 10 days prior to treatment. Treatment is not recommended for anyone with windburn or sunburn.
- It is advised to delay the use of Retin-A®, Renova®, Differin®, Tazorac®, or Avage® and high performance glycolic acid products for approximately seven days prior to treatment. (Using any of these products prior to treatment may make your results less predictable).
- If you are lactating, pregnant or may be pregnant, only the Oxygenating Trio or Detox Gel Deep Pore Treatment is appropriate. (Check with your obstetrician.)

### FAQS

Q: How much discomfort should be expected when having a peel?

A: The level of discomfort experienced depends on the treatment. Most PCA SKIN peels are gentle and create little or no burning or stinging sensations in the skin. PCA SKIN's superficial peels create minimal discomfort and produce beautiful results for most clients.

Q: Should people who are frequently in the sun receive peels?

A: Yes, but only if they use sunscreen protection every day. Sunbathing should be avoided prior to treatment, directly following, and while the skin is peeling. If you are getting peels to reduce hyperpigmentation, it is imperative to use the appropriate PCA SKIN brightening products as well as broad-spectrum sun protection daily and to avoid unnecessary sun exposure to reduce any chance of further hyperpigmentation.

Q: Will a chemical peel make the skin even thinner?

A: No. Dry skin is partially the result of dead cell build up which actually hinders natural exfoliation as well as the absorption and penetration of vitamins and nutrients. Having a PCA SKIN peel will remove the surface buildup, hydrate the skin and give it a plumper, "thicker" appearance. The use of topical vitamin C, retinol and peptide products in a treatment as well as in a daily care regimen will help build collagen and elastin in the skin, thus making it stronger and more durable.

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Q: Are there any treatments that are good for rosacea\*?

A: Several PCA SKIN peels fight bacteria, reduce inflammations and help promote healthy skin. Rosacea is best helped with a combination of medical therapies, in-office treatments, daily care products and lifestyle considerations. Heat aggravates rosacea, so stay cool.

\*(For a complete description of rosacea and a list of signs and conditions, please check out [www.rosacea.org](http://www.rosacea.org). To determine if have rosacea, please see your dermatologist).

- Use the post-peel kit for a minimum of five days beginning with the morning after your peel. Do not wash your face the same day of your peel as you may reactivate the peel.
- After receiving a PCA SKIN professional treatment, one should not necessarily expect to “peel”; however, light to heavy flaking in a few localized area for several days is typical. Most clients who undergo these treatments have residual redness for approximately one to twelve hours post-procedure.
- As with all peels and treatments, it is recommended that makeup not be applied the day of treatment. It is ideal to allow the skin to stabilize and rest overnight; however, mineral makeup may be applied 15 minutes after the treatment if necessary.
- If the skin feels tight, apply ReBalance for normal skin or Silkcoat Balm for drier skin-types to moisturize as needed.
- It is advised to not apply any other medications or AHA products to the skin, as they may be irritating to the skin post-peel.
- It is recommended to delay the use of Retin-A®, Renova®, Differin®, Tazorac®, or Avage® approximately seven days post treatment. Note: The dispensing physician should be consulted before temporarily discontinuing the use of prescription medications.
- Avoid direct sun exposure and excessive heat post-peel for a minimum of three days. Use Dermaquest ZinClear SPF 30 or Dermaquest SunArmour SPF 50 for broad-spectrum UV protection.
- Do not pick or pull on any loosening or exfoliating skin. This could potentially cause hyperpigmentation.
- Do not go to a tanning booth for at least three weeks before or after a treatment. This practice should be discontinued. (See Skin Protection 101 page for more information.)
- Do not have electrolysis, collagen, Botox®, other dermal filler injections, facial waxing or use depilatories for approximately two to five days.