This form is designed to provide you with information for making an informed decision regarding your chemical peel. The peel has an effect on fibroblasts, collagen-producing skin cells and rejuvenation of skin, both young and aging skin can benefit from this. The big advantage of retinoic acid peels is that it is relatively painless compared to the other chemical peels. Please do not hesitate to ask your medical esthetician any question you may have. While a chemical peel is effective in most cases, no guarantee can be made that candidates will benefit from the treatment.

**Pre Treat skin 2 weeks before peel**

**AM**
1) RejuveniX- Antiox Gentle Cleanser: Use twice daily, in the morning and at night.
2) NOVA Rejuvenix Antiaging Power Plus
3) AcnefiX-Glycolic Facial Moisturizer
4) RejuveniX- Sheer Physical SPF 50

**PM**
1) RejuveniX- Antiox Gentle Cleanser: Use twice daily, in the morning and at night.
2) RejuveniX Retinol 5X Pads
3) Brightening kit & with Hydroquinone Powder Mix

**Post- Peel Skin Treatment**

**AM-PM**
1) RejuveniX- Antiox Gentle Cleanser: Use twice daily, in the morning and at night.
2) Thermal Spring Water
3) RejuveniX- Post Procedure Healing Cream (for 7-10 days).
4) Post procedure soothing cream with 1% Hydrocortisone if needed.
5) Post Procedure Recovery Cream after peeling has stopped.
6) RejuveniX- Sheer Physical SPF 50

**Do not** apply any creams, vitamin oils or other products to your skin without consulting with our office.
**It is extremely important to keep the treated areas moisturized with Nova RejuveniX- Post Procedure Healing Cream.**

**Weeks 2-3:**

1) Continue to cleanse with the RejuveniX- Antiox Gentle Cleanser and apply the RejuveniX- Laser Recovery Cream moisturizer as often as needed.

2) We suggest that you do not expose your skin to direct sunlight. For traveling purposes, please protect your face with sunglasses and/or a hat, as well as applying sunscreen products. Please ask our office for instructions regarding sunblock. Once the redness has resolved, most patients are allowed to begin using glycolic acid products(Nova Glycolic 10%-moisturizer) to help maintain their result.

**What to expect after chemical peel**

1. Immediate pinkness of the skin, giving it a “rosy” glow for the first 1-2 days
2. Tight feeling of the skin for 2-3 days
3. Peeling or flaking of the skin starting 2-3 days following the peel, which can continue for 7-10 days
4. Swelling, particularly around the eyes
5. Dryness and itching the skin

**General Care for Retinoic Acid Peel**

1) Do not pick or rub to remove dead skin or scabs, as this may increase the risk of scarring. Any scabs should be gently soaked off.
2) Do not apply Neosporin or any other ointment, including Vitamin E, to the face. This could increase the risk of infection and allergic reaction.
3) If the skin around the mouth is tight, you may use a straw for drinking or moister with Vaseline.
4) Avoid strenuous exercise for two (2) weeks to avoid irritating the skin.
5) Avoid drafts, fans, or air conditioners, as air blowing on treated areas may cause stinging and dryness.
6) Mild to moderate redness is expected for 1-2 weeks and will fade gradually over 12-16 weeks.
7) Mild to moderate swelling is normal and may last for 3-7 days. Swelling and/or blistering may be the most severe for 3-4 days after the procedure.
8) Pulling, drawing, and itching of the skin will increase as healing occurs.

**Contradiction**

- Contradictions include, but are not limited to pregnancy, nursing mothers, rosacea, atopic dermatitis, seborrhea, connective tissue disease (ex. Scleroderma), active inflammatory
acne, active herpes, warts, active viral infections, recent surgery in the area to be peeled and, patients prone to keloid formation.

- Patient who previously have not tolerated topical retinoid, alpha or beta hydroxyl acid products are not candidates for this kind of peel.
- Patients that are on Isotretinoin should wait 3 to 6 months from their last date does to make sure their skin is no longer dry, red or peeling.
- Patient undergoing radiation and or chemotherapy treatments should wait until they have healed
- Patient who have had their hair dyed or treated should wait 2-3 days after treatment
- Patient who have waxed or used depilatory products such as Nair should wait 3 days before being peeled.
- Microdermabrasion, laser hair removal(Face), waxing, electrolysis- patients should wait 7 days to be peeled
- Laser resurfacing- following laser treatment patients should wait unit their skin has returned to normal before being peeled

Possible Complication
Complications could potentially occur with any chemical peel. Careful attention to your Medical esthetician’s instructions are imperative, please contact our office at 703-288-4495 immediately if any of the following occur:

- Skin infection (pus, oozing, fever)
- Appearance of a cold sore on the lips or any other portion of the peeled are (Note: the cold sore can spread if not cared for immediately)
- Allergic reaction, acne, or sever irritation
- Wind or sun sensitivity; sun may increase the possibility of swelling and redness
- Extreme reactions, such as scarring or keloids
- Increase or decrease in skin pigmentation, which does not blend with normal skin after healing from treatment
- Extreme and unbearable itching, erythema, swelling