



**Elaine Brennan Skin Renewal Peeling
Client Pre Peeling Skin Care Instructions**

Preparing for your Skin Renewal Peeling Treatment

- **Discontinue use of Retin-A, Renova, Adapalene, Hydroxyl Acid, Differin Gel, Glycolic Acid, Salicylic Acid, or Retinol/Vitamin A derivative product for at least one week prior to your peeling.**
- **Avoid tanning and sun exposure for at least 2 weeks prior to your peeling.**
- **You will not be treated if you have an infection or severe cold/flu OR are taking an antibiotic.**
- **You cannot have the peeling treatment if you have used Accutane or its derivatives within the last 6 to 12 months.**
- **You cannot have the peeling if you are pregnant, breastfeeding, have active cancer or are currently undergoing chemotherapy or radiation.**
- **You cannot have the peeling treatment if you have active herpes. If an antiviral medication has been prescribed for you, you must begin taking the first dose Two (2) days prior to your appointment.**
- **You will be at the office for approximately two to two and a half hours on the first day of your treatment and for two hours on the second day.**
- **If you are taking any medications that make you drowsy, you must arrange to have a responsible adult drive you home.**
- **Please ensure that you have adequate sun protection in the form of a hat and scarf in your vehicle.**
- **Do not wear contact lenses to your appointment. Hearing aids will have to be removed during the treatment.**

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Post Peeling Skin Care

Once the skin has been removed at the clinic on day 6 or 7, you will discontinue the use of the *soothing cream*. Your post peel regiment will be explained to you in detail by your aesthetician. You may now wash your hair in the shower/bath and very gently cleanse your skin.

- You should use a very mild, non irritating cleanser recommended to you by your skin care specialist. Cleanse your skin using only your finger tips in gentle circular motions. The use of a facial brush, sponge or cloth should be avoided. Rinse skin using tepid or warm water. Hot or very cold water should be avoided. Do not rub, pick or scratch at your skin. Gently blot skin dry using a soft clean piece of paper towel and apply your appropriate salon recommended creams.
- Avoid the use of toners containing alcohol, scrubs and antiseptic soaps for 2 weeks post peel off. Products containing skin irritants such as Retinol, Benzoyl Peroxide, Glycolic/Salicylic acids, Astringents or Vitamin C should be avoided for a period of two (2) weeks post peel off or until all sensitivity has resolved.
- When showering, avoid getting the shampoo and conditioner directly on your face and neck for the first few days. You may consider taking a shower with the back of your head towards the water to avoid directly hitting your face with the full force stream.
- Moisturize your skin adequately. Your clinic will recommend gentle, fragrance free, mild soothing post peel skin care products until all skin sensitivity has resolved.
- Avoid sun exposure for at least three (3) months post peeling. The skin is thin and vulnerable and sun damage can easily occur.
- Ensure that you use adequate sun protection at all times including on cloudy days. Sun block must be used vigilantly to help prevent pigmentation issues that may be caused by direct and indirect sunlight. Your skin may be sensitive to chemical sunscreens immediately post peeling, so look for a *physical sun block* that contains Zinc Oxide and Titanium Dioxide. The sun is intensified through glass, so precaution whilst driving in your car should be taken by protecting your skin with a scarf. Sunscreen along with a hat, sunglasses, scarf and even an umbrella should be used whenever outdoors. Darker skinned individuals particularly Africans, should be extra diligent about sun protection.
- Makeup may be used. Select a foundation which contains a sunscreen for extra sun protection.
- Do not wax, tweeze or use a depilatory product on your face or neck for at least one (1) week prior to peeling and 2 weeks post peeling.
- Do not use a self tanner.
- Avoid exercise that causes excessive perspiration as well as saunas and steam rooms for two (2) weeks post peeling as this could irritate the skin.
- Once skin sensitivity has resolved, your clinic will suggest an appropriate skin care regiment including the use of a *Pigment fading cream, a gentle retinol or Vitamin A cream and a Vitamin C cream or serum*. Continue using gentler products should you experience any sensitivity.

PLEASE NOTE: We cannot be held responsible if after care instructions are not carefully adhered to.