KYMA cosmetic surgery | anti aging center

**Glycolic Peel Pre & Post Instructions**

Patients with active cold sores or warts, wounded, sunburn, excessive sensitive skin, dermatitis or inflammatory rosacea in the area to be treated should no be treated because the procedure could potentially precipitate a flare up or spreading. Inform the aesthetician if you have any history of herpes simplex.

Patients with a history of allergies, rashes, or other skin reactions may be sensitive to the treatment.

The Glycolic Peel in not recommended if you have taken Accutane within the past year or have received radiation or chemotherapy

\*This procedure should not be administered to pregnant or nursing women.

**One Week Prior To Treatment**

* Avoid sun exposure
* Avoid any of the following procedures: Electrolysis, Waxing, Depilatory Creams and Laser Hair Removal.
* Stop using Retin-A, Renova, Differin (Adapalene 0.1%), or any products containing Retinol, AHA or BHA, Benzyol Peroxide

**Two – Three Days Prior to Treatment**

* Do **NOT** exfoliate – no scrubs, no loofahs, or washcloths.
* Do **NOT** use self-tanners for 48 hours before a peel.
* Do **NOT** shave the area the day of the peel.

**After Your Glycolic Peel**

* Makeup may be applied if necessary (it is better to leave the skin alone if possible).
* Your skin may be pink for 1-2 days.
* In the event you have any visible flaking to not pick or pull at the skin as this can cause scarring and hyperpigmentation.
* Avoid strenuous exercise until at least the next day or until all the redness has subsided.
* Avoid swimming pools, saunas, hot tubs and very hot water in the shower.
* Use a sunscreen with an SPF of 30 or greater for faces, and avoid direct sunlight for at least 1 week. **THIS IS CRITICAL!**
* When washing your face, do not scrub. Use a gentle cleanser such as Cetaphil or CeraVe.
* Do not have any other facial treatment for at least one week after the peel.
* Wait at least 1 week before resuming the regular use of Retin-A or other vitamin A products, Alpha or Beta Hydroxy Acids, and any other exfoliating agents such as; a clarisonic brush or facial scrub.
* Immediately after treatment, it is not uncommon for patients to experience temporary skin dehydration ranging from mild to moderate dryness.
* Facial hair should not be waxed for 1 week after treatment.

**Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Please call our office at 781.871.4200 if you have any additional questions after the procedure.