

## PCA SKIN MD PEEL (CCI3) POST CARE INSTRUCTIONS

This regimen is designed to protect and heal the barrier after a medium-depth professional peel treatment performed by the physician. It will soothe and protect skin, reduce inflammation, and speed skin recovery post- procedure.

### FOR UP TO SEVEN DAYS POST-PROCEDURE:

- **STAY COOL!!** Heating internally can cause hyperpigmentation and blistering.
- Do not put the treated area directly into a hot shower spray.
- Do not use hot tubs, steam rooms, or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of mechanical exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to treated area.
- Avoid direct sun exposure and excessive heat. Use an occlusive barrier product like ELTA MD Laser Enzyme Gel and the appropriate broad spectrum SPF for daily UV protection.
- Do not pick or pull any loosening or exfoliating skin. This could potentially cause hyperpigmentation.
- Do not go to a tanning booth for at least two weeks post-procedure. (This practice should be discontinued altogether, due to the increased skin of skin cancer and signs of aging.)
- It is recommended to delay use of tretinoin, Retin-A®, isotretinoin, Accutane®, Differin®, Tazorac®, Avage®, EpiDuo® or Ziana® **SEVEN DAYS** post-procedure. Consult the physician before temporarily discontinuing use of any prescription medications.
- Do not have any other treatments or procedures done on the face until skin is completely epithelialized (healing) or until skin is back to baseline.