

THERAPLEX® SA FACIAL PEEL PRE & POST TREATMENT INFORMATION

The purpose of receiving a **Theraplex® SA FACIAL PEEL** is for the treatment of acne vulgaris, post-inflammatory hyperpigmentation, melasma and oily skin exhibiting visibly large pores and to also improve general complexion & optimize skin appearance. Moderate to significant improvement can be obtained especially when combined with a comprehensive skin care regimen including acne management products, hydroxy acids, Vitamin A, Vitamin C, hydroquinone and sunblock.

Receiving a Theraplex® SA FACIAL PEEL Contraindications

The following are contraindications for receiving a Theraplex® SA FACIAL PEEL and should not be administered if you:

- Have a history of allergy to salicylates (aspirin).
- Have sunburned skin, open wounds on the face, or inflamed rosacea.
- Have overly sensitive skin or dermatitis.
- Have a history of herpes simplex unless given prophylactic medication(s).
- Have taken Accutane, received radiation or chemotherapy within the past year, are pregnant or lactating.
- Have had medical cosmetic facial procedures (surgery, laser, injectable fillers, Botox, etc.), until all healing is complete or advised by your physician.
- Have had any microdermabrasion, electrolysis, waxing, or depilatory hair removal within 3 days.

Pre-Peel Care Instructions

The consult appointment is designed to give you information that will enhance your peel treatment. For best results, please follow any instructions and recommendations.

For 3 days prior to receiving a Theraplex® SA FACIAL PEEL, discontinue use of all:

- Vitamin A derivatives (tretinoin, Retin-A, Renova, Avita, Differin, Tazorac, retinol),
- Products containing hydroxy acid (glycolic, lactic, salicylic acids),
- Benzoyl peroxide.

Please allow for up to five days of “social downtime” following your peel. You should expect mild-to-moderate, and possibly excessive peeling depending on the strength. You will need to keep your face coated with an occlusive moisturizing product and broad spectrum, physical block SPF.

If you have any questions about your suitability for receiving the Theraplex® SA FACIAL PEEL, please mention any concerns during the pre-peel consult or prior to treatment.

Post-Peel Care Instructions

For the first 24 hours post procedure:

- KEEPING SKIN MOIST DURING THE PEELING PROCESS IS CRITICAL TO MAXIMIZE THE RESULTS AND LIMIT DOWNTIME AND PEELING. Apply the Theraplex® Hydro lotion as often as necessary to keep skin moist (DO NOT LET SKIN GET DRIED OUT OR TIGHT FEELING)
- A sunburn like sensation may persist for several hours after treatment and is completely normal.
- Once at home, apply cold compresses, as needed for comfort and to minimize redness.
- Gently cleanse your skin with a mild cleanser free of exfoliating agents. (DO NOT SCRUB)
- Continue taking any oral medications as directed by physician. Review topical medication use to ensure that you are not using anything that may cause additional exfoliation or dryness.
- Immediately after and for the next 7 days, or until any redness and peeling has subsided, keep the area protected with the broad spectrum, physical SPF of 30 or greater.
- Try to avoid the immediate use of cosmetic products, other than 100% mineral makeup for coverage.

After 24 hours:

LACK OF PEELING IS NOT AN INDICATION OF INEFFECTIVENESS

- You may cleanse your skin normally with a mild, gentle cleanser like Cetaphil or Eucerine.
- After cleansing, generously apply the Theraplex® Hydro lotion to keep skin moist.
- Do not pick, pull or scratch at the treated areas. Allow peeling to occur at its natural pace. Applying Theraplex® Hydro lotion will help to alleviate some visible peeling and dryness.
- Avoid any products that may cause skin irritation including scrubs, AHA/BHA, Vitamin C, acne management products & drying agents and retinoids.
- Limit sun exposure for at least a week after your peel and keep the area protected with the broad spectrum, physical SPF of 30 or greater.
- Wait 7 days, or until all peeling or dryness & redness resolves, before resuming facial treatments, waxing, laser treatments, injectables or use of products that may cause irritation.

Important Things to Remember

Following the Theraplex® SA FACIAL PEEL you can expect a gentle and gradual peel, unlike more aggressive peeling that may result from TCA and glycolic acid peels. Everyone's skin reacts differently to salicylic acids peels but usually:

- Redness may increase over 3 days and peeling should occur within the first 4 days.
- New skin is evident in 6-7 days
- During the peeling phase, the superficial skin may appear darker and have a crinkled appearance that may temporarily accentuate fine lines and creases. This is completely normal and will resolve when the peeling is complete.
- Full healing is usually completed in 7-10 days.
- By the end of the first week, any remaining red color should fade to pink and look like a sunburn.

Additional peel treatments are generally scheduled 4 weeks or more after your last treatment. Please refer to the pre-peel care instructions before scheduling. If you have any additional questions you may call us at 651-633-6883 or email contact@tarendermatology.com