



After Care Instructions for PCA SKIN Chemical Peel

Immediately after treatment:

- After receiving a PCA SKIN® professional chemical peel treatment, you should not necessarily expect to “peel”. However, light flaking in a few localized areas for several days is typical. Most patients who undergo these treatments have residual redness for approximately one to 12 hours post-procedure.
- As with all peels and treatments, it is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight; however, makeup may be applied 15 minutes after the treatment if desired.
- Avoid direct sun exposure and excessive heat. Use PCA SKIN Weightless Protection Broad Spectrum SPF 45, PCA SKIN Perfecting Protection Broad Spectrum SPF 30, PCA SKIN Protecting Hydrator Broad Spectrum SPF 30, PCA SKIN Hydrator Plus Broad-Spectrum SPF 30 or any brand of SPF for broad spectrum UV protection. OTM Skin recommends SPF in your daily skincare routine.

For the next two (2) days after treatment:

For two days post-procedure: Stay cool! Heating internally can cause hyperpigmentation.

- 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 the treated area.

If the skin feels tight:

- Apply PCA SKIN ReBalance for normal to oily skin types or PCA SKIN Silkcoat® Balm for drier skin types to moisturize as needed. For maximum hydration, you can apply PCA SKIN Hydrating Serum under the ReBalance or Silkcoat® Balm product.
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For the next three (3) to five (5) days after treatment:

- To minimize side effects and maximize results use hydrating and healing skincare products for three to five days or until flaking has resolved. For maximum results, use the PCA Post-Procedure Solution, this is the recommended skin care for three to five days or until flaking has resolved.
- Moisturizer should be applied at least twice a day but can be applied more frequently for hydration and to decrease the appearance of flaking.



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It is recommended to delay use of tretinoin, Retin-A®, Differin®, Renova®, Tazorac®, Avage®, EpiDuo® or Ziana® five days post-procedure. Consult your physician before temporarily discontinuing use of any prescription medications.

- Do not have electrolysis, facial waxing or use depilatories for approximately five days.

For the next seven (7) days after treatment:

- It is recommended that other topical, over-the-counter medications or alpha hydroxy acid products not be applied to the skin seven days post-procedure, as they may cause irritation.

For the next two (2) weeks after treatment:

- Do not go to a tanning bed, apply fake tanning products or tan for at least two weeks post-procedure.
- Do not pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation.
- Do not have another treatment until your clinician advises you to do so.