

The Perfect Derma Peel is a highly effective, moderate depth medical grade peel.

It removes the top dead skin layers without drying out the skin like some other peels. It contains the antioxidant glutathione, which leaves your skin brighter and also prevents pigmentation from re-occurring as fast. This peel is great for all skin types wanting to look younger.

In addition to Glutathione, the peel also contains Kojic Acid, TCA (Trichloroacetic Acid), Phenol, Salicylic Acid, Vitamin C and Retinoic Acid. The pH range is 1.3 – 1.4. This peel requires no special pre-peel skin preparation.

Patients using a skin care regimen of retinoids should discontinue use for THREE days prior to treatment.

This product is suitable for all skin types and ethnicities, and on all areas of the body. However, the face, neck and chest are the areas most commonly treated.

CONTRAINDICATIONS

- Patients who are pregnant or breast feeding
- Patients with an allergy to any peel ingredient listed above, or to aspirin
- Patients who have used Accutane within the past 4 months
- Patients who have open wounds, sunburn, infected skin, cold sores or lesions. Patients with a history of cold sores (herpes simplex) may be given an antiviral 3 days prior to the peel
- Patients who have recently had treatments such as waxing, electrolysis or chemical exfoliants
- Patients who are undergoing chemotherapy and/or radiation therapy
- Patients with a history of an autoimmune disease or any condition that may weaken the immune system

Day of peel:

If possible arrive with clean and makeup free skin.

Wear a tank top, v-neck or something loose so the face and neck is easily accessible. (Darker color of top suggested as the peel has a tint to it.)

Post Application Instructions and FAQ's:

- Do NOT workout during the first 2-3 days of peel. NO overheating or profuse sweating. The heat may cause the peel to penetrate more deeply and unevenly and can cause a burn.
- DAY ONE (The day TPDP is applied) The peel self neutralizes after 6 hours. That evening or the following day simply rinse with water.
- DAY TWO MORNING Rinse face with water. Use one post peel towelette that is provided in the kit. Rub vigorously over entire face and where peel was applied. Let dry.
- Apply sunscreen provided in the kit. Do not apply the post peel moisturizer UNLESS you have darker skin and have been instructed to do so.
- DAY TWO NIGHT Rinse with water and a mild cleanser. Vigorously apply the last post peel towelette. Again no moisturizer unless instructed to do so.
- You will start peeling around your mouth first, followed by cheeks and hairline.
- DO NOT SCRUB your face. DO NOT PULL at any peeling skin. The peel is deeper than you can appreciate. You run the risk of creating a tear on your face and this can SCAR. NO PICKING! Use clean, small scissors to carefully trim the excess skin.
- DAY THREE TO FIVE Typically the most peeling occurs during this time.
- Chest, arms, neck, and back usually take about 7 days to peel, and often "flake" instead of peel.
- Do not do lash extensions for 7-10 days post peel. Adhesives or pads under the eyes can cause swelling and irritation.

- Avoid the sun for 7 days (duration of the peel). Apply the Mineral Perfection SPF 30 Sunscreen even if overcast.
- You may peel up to 10 days. Areas with sun damage and spots will peel a day or two after all the skin around those spots has peeled. Those spots require extra work under the surface to repair and push out the excess melanin.
- Some people will get a "double peel" around their nose and chin area. (Little extra red/dry.)
- Continue doing a mechanical and/or glycolic exfoliation weekly post peel. This will elongate the effects of the peel and maintain smooth skin.

Applying Post Peel Moisturizer:

The Post Peel Moisturizer is a lightweight moisturizer with 1% hydrocortisone to calm and hydrate the skin after a peel.

- Darker skin tones should use 3 times a day for 2 weeks starting on Day 1, 6 hours after the peel is applied.
- Lighter skin tones should use 2-3 times a day for 1 week, starting on Day 3 after peeling is really going (if no booster is used), or starting on Day 1 (if booster used).
- Apply more frequently if needed as well.
- I may suggest an additional post peel moisturizer simply for extra calming effects if desired.
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This Post Peel Moisturizer contains Hydrocortisone 1%, Glutathione, Sweet Almond Oil, Camellia Sinensis Leaf (Green Tea), Matcha Green Tea Butter and White Petrolatum.

Applying the Mineral Perfection SPF 30 Sunscreen:

Mineral Perfection SPF 30 is a broad spectrum, antioxidant rich, mineral sun protector for all skin types. Protects and soothes the skin during and post peel with a lightweight, luxurious finish. Apply every 2 hours when in the sun or as needed. Apply Day 2 of peel, and every day after.

This Mineral Perfection Sunscreen contains Zinc Oxide 6.0 %, Titanium Dioxide 2.25%, Aloe Barbadensis Leaf (Extract), Chamomile Flower (Extract), Cucumber (Extract), Green Tea (Extract), and Citric Acid.

Purging/Breakouts:

- Purging is a normal side effect of the peel. For some, it is minimal and for others it can be significant. This should resolve in 10-14 days post peeling. The peel will dry out surface breakouts, but deep acne will still come to the surface.

Pigmentation:

- TPDP is designed to lift pigment and help lighten the skin. Pigment comes from the papillary dermis and may look as though it is worsening before it gets better, however this is the time to REALLY attack those melanocytes with additional methods. This is why I may recommend we do peels as a series.
- Pigment may darken at day 4-7 and even day 9-10. This is normal. For stubborn and heavy pigment, I may suggest options for further lightening.

NOTE/WARNING WHEN USING A BOOSTER: Patients may experience additional downtime, irritation and redness. Patients may peel twice. The face and neck may peel up for 10-12 days; Body areas may peel for 2-3 weeks.

LASTLY, GET EXCITED! NEW and BEAUTIFUL skin is ON THE WAY!