

Vitalize, Rujjuvenize, & Blue Peel Pre and Post Treatment Care

Pre-treatment:

7days prior you should avoid

- Electrolysis, Waxing, Depilatory creams, Laser Hair Removal

3 days prior you should avoid

- Products containing Retinol, Retin-A, Alpha-Hydroxy acids or Benzoyl Peroxide
- Exfoliating products and any procedures that may cause drying or irritation
- Sun tanning

1 day prior you should avoid

- Sun exposure, Tanning beds, Self-Tanning products

Day of treatment

- No shaving or waxing
- Bring a hat if it is a sunny day, and you have a significant drive home
- Come with clean skin
 - No Moisturizers, or make-up products

After treatment care:

- Use gentle soap free cleanser like SkinMedica Facial Cleanser
- Wait until bedtime to wash face, or the next morning
- Do not scrub and/or use a wash cloth while your skin is peeling
- Do not use a Clarisonic, or any Exfoliating products
- Moisturize while as often as needed for dryness (TNS Ceramide Cream is a great product for after treatment).
- Avoid direct sunlight for at least a week. Apply sunscreen in the AM and throughout the day as needed.

Avoid these products/procedures until peeling is complete

- Retin-A, Retinol, Alpha-Hydroxy Acid, Any products with a Bleaching Agent
- Facials
- Microdermabrasion
- Laser Treatments
- Facial Hair Removal
- Cosmetic Injections

What to expect:

- Skin may be tight, red/pink, feel tacky and have a yellow to orange tinge (this is temporary).
- Peeling will generally start 2-3 days after procedure, and may last 2-5 days
- Do not pick or pull on your skin. Allow skin to peel at its own pace.

Please call with any questions or concerns.



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