

# THE STERN CENTER

FOR AESTHETICS

## Exfoliation Treatment Guidelines

Chemical peels are an important part of skin health. As an effective treatment option for all skin types and skin conditions, they improve skin tone, texture, fine lines and wrinkles, breakouts, and hyperpigmentation. Our mild to medium depth peels deliver results and leave your skin feeling and looking refreshed.

Dermaplaning immediately rejuvenates the skin by removing the outermost layer of dead skin cells and vellus hair on your face. Dermaplaning is highly effective in minimizing the signs of aging leaving the skin soft and supple. It is a great treatment to add to a facial, chemical peel, and laser treatment. It creates the perfect canvas for make-up application and is the go-to treatment to prepare for special occasions.

Microdermabrasion gently buffs the skin with small diamond head tips. This mild form of exfoliations allows for smoother brighter skin and has no downtime. Treatment with microdermabrasion also minimizes the appearance for pores and allows for deeper penetration of your skin care products.

### Chemical Peel Pre-Treatment:

- Avoid tanning, spray tanning, self-tanners 4 weeks prior to treatment
- Avoid waxing, threading, sugaring, electrolysis 1 week prior to treatment
- Discontinue the use of prescriptions that contain Retin-A (tretinoin), Renova, Differin, Tazorac, Avage, EpiDuo, Ziana, AHA/BHA products 5 days prior to treatment
- If you are lactating or pregnant avoid chemical peels unless approved by your doctor. Enzyme treatments, microdermabrasion, and dermaplaning are safe for pregnant or lactating women

### Chemical Peel Post Treatment:

- Apply a sunscreen daily with a zinc base and an SPF 30 or higher
- Post treatment, your skin may appear red and feel warm, tingly, itchy and tight for 1-12 hours
- Wait 12 to 24 hours before you cleanse your skin if you have had a chemical peel
- Cleanse and moisturize skin using a mild cleanser and moisturizer AM/PM
- Skin may begin to peel 48 hours post treatment. You may or may not “peel” aggressively, and may experience “light” flaking in a few localized areas
- Allow skin to slough off naturally; avoid picking, scratching, and abrasive rubbing, as it may lead to scarring. Do not loofah your skin and avoid “at home” microdermabrasion kits
- Avoid tanning, spray tanning, self-tanners for 4 weeks
- Avoid threading, sugaring, and electrolysis in the treatment area for 1 week following procedure
- Avoid lakes, pools, hot tubs, saunas, and excessive physical activities for 48-72 hours post treatment
- Delay the use of Retin-A (tretinoin) for 1 week post treatment
- REMEMBER: Visible exfoliation doesn’t determine the efficacy of treatment. Healthy skin has less visible exfoliation. Exfoliation often takes place at the cellular level and is not always apparent to the naked eye. For best results, multiple treatments are recommended.