

POST PEEL HOME CARE INSTRUCTIONS

- ❖ Do not apply any other skin care products or makeup to your face for three (3) hours after the physician formulated treatment (lipstick and eye makeup may be used).
- ❖ Cold water may be used immediately after the treatment and during the next few hours, if necessary. The cold water will be very cooling and refreshing.
- ❖ You may use the Aveeno compress to soothe any discomfort.
 - Compress: Use ½ packet of Aveeno colloidal oatmeal in a basin of tepid/cool water. Take a clean wash cloth, saturate in basin, drain excess. Hold on your face. Repeat process.
- ❖ Avoid using PhysicianManaged® cream and lotions until the evening of the day following the treatment. Use a mild lotion (i.e., Cetaphil lotion). You may still cleanse with the Gentle Cleanser.
- ❖ You may experience a slight dryness for the first few weeks. This is actually an invisible peeling (exfoliation) and is one of the benefits of the program. Any dryness is easily relieved by the liberal use of PhysicianManaged® moisturizers.
- ❖ Oily skin types may experience a period of folliculitis (inflammation of hair follicles) especially around the chin; this will subside after a few days.

PRE-PEEL INSTRUCTIONS

- ❖ Males—Do not shave the day of treatment.
- ❖ Females—Do not have laser or any other type of hair removal treatment 3 days before treatment.
- ❖ Do not have any other type of exfoliating treatment of the face 7 days before treatment.

HOME CARE INSTRUCTIONS

- ❖ The PhysicianManaged® home care program will help maintain the results of the in-office, physician formulated, natural fruit acid treatments. We recommend the following steps:
 - *Evening Regimen:*
Cleanse the skin with PhysicianManaged® Gentle Cleanser. Rinse and pat dry. It is critical that all makeup is removed. Repeat process, if necessary. Apply PhysicianManaged® lotion sparingly.
 - *Morning Regimen:*
Cleanse the skin with PhysicianManaged® Gentle Cleanser. Rinse and pat dry. Apply PhysicianManaged® cream. Makeup may then be applied, if desired. PhysicianManaged® recommends water-based makeup only.