



Pre/Post Procedure Instructions

**Chemical Peel/Micro Needling Treatment
& Microdermabrasion/Medical Facials**

175 SW 7th Street, Suite 1411, Miami, FL 33130
RefreshYourBeauty.com • 305.810.9991 • RefreshYourBeauty@me.com

Before Peel Treatment

TWO WEEKS before

AVOID these products and procedures:

Electrolysis, waxing, depilatory creams, laser hair removal, chemical peels, tanning booths, sun exposure and microdermabrasion treatments.

FIVE DAYS before

STOP using:

Tretinoids | Retina-A | Renova | Differin | Tazorac | Avage

Any other product containing Retinol, Tretinoids, AHA or BHA, high percentage glycolic acid or benzyl peroxide, or any products that may be drying or irritating.

On the day of the treatment

Please keep your face clean and do not apply makeup. If any active or extreme breakout occurs before treatment, please consult your practitioner.

After Peel Treatment

Do **NOT** wash face when a chemical is applied: Keep treatment on the skin for the next **8-12 hours**.

After 8-12 hours, wash your face **GENTLY** for the first several days with a non-glycolic or alpha hydroxyl cleaner. Never use harsh soaps to clean face. Always use mild liquid cleaners. We recommend Cetaphil or CeraVe cleanser.

Wait about **15 minutes** for the pH of the skin to stabilize before applying make-up.

Sweating and gym environments are harmful, rife with bacteria may cause adverse reactions.

For the next TWO DAYS:

AVOID these products, procedures and activities:

- **Extreme cold temperatures:** Ice or ice water on the treated areas.
- **Heat exposure:** Internally heating can cause hyper-pigmentation.
- **Swimming:** Avoid chlorine pools or hot tubs to prevent irritation.

- **Strenuous exercise or sweating:** Hot tubs, steam room/sauna, direct hot shower, direct sun exposure or tanning beds.

- Hair dryers directed onto the treated area.

- Mechanical exfoliation as with loofahs or scrubs, electrolysis, waxing or depilatories.

- **Retina A/Tretinoid or Glycolic products for TWO WEEKS** following a treatment. It is recommended that you suspend use during your treatment series and resume after your last treatment, to avoid exfoliation or irritation.

ALWAYS wear mineral sunscreen with a minimum **SPF 50** as you can burn easily or begin/extend hyper-pigmentation. The best sunscreen is one that contains zinc and titanium. We recommend Refresh Skin Essentials Mineral SPF 50 or Tinted SPF 50, PCA Weightless SPF 45.

ALWAYS use a good moisturizer that contains antioxidants and apply generously/ regularly. We recommend Refresh Skin Essentials Antioxidant Face Cream and Vitamin C 20% Brightening Serum.

NEVER pick or pull on any loosening or exfoliating skin. This could cause hyper-pigmentation. Peeling can last 2-5 days. You may experience some flaking of the skin, usually in patches after a few days. The skin continues to exfoliate for a period of a few days after your treatment. You may also experience a mild sunburn or windburn reaction.

You may enjoy spritzing yourself with cool spring water several times a day to help hydrate and relieve the skin of itching.

Home use of bleaching agents such as hydroquinone can be used twice a day to continue lightening hyper-pigmented areas. Please, always use as directed by physician.

TWO WEEKS after treatment:

Resume use of regular retinols or tretinoids (such as: Retina-A, Renova, Differin) or other products **ONLY** after the peeling process is complete and skin is not irritated.

Commitment to the treatment series along with use of Dr Calderon Refresh Skin Essentials™ line at home is vital to the success and longevity of your procedure.

