



Exfoliation Treatments Post-Care Instructions

GENERAL INFORMATION:

- Patient compliance is mandatory.
- Makeup should be avoided as long as possible post procedure but may be applied afterwards if necessary. Mineral Makeup is recommended and must be applied with a clean brush or applicator to avoid any contamination of the skin.
- Your skin may feel wind burned and/or tight for 1-2 days.
- You may experience dryness and peeling for 1-2 days or up to 2 weeks (depending on the specific treatment).

HOME CARE:

- **To prevent any unknown adverse reactions** use only products recommended by your provider.
- **To avoid further skin damage** use a daily sunscreen of an **SPF 50** (or higher).
- **Avoid any direct sun exposure post treatment as much as possible.** Wear a hat to help protect your skin.
- **Refrain from tanning booths and sun tanning.** No self-tanning product for 7 days or until the skin is healed.
- **Avoid excessive heat** (hot rooms, cars and also hot water temperatures) **for the first 48 hours** or until the skin is back to a normal condition. Excessive heat may cause post inflammatory hyperpigmentation.
- **To prevent infection and/or excessive irritation** avoid chlorinated pools, hot tub and lake water for 3 days or until skin is healed.
- Apply a gentle moisturizer as needed, unless direct otherwise by your provider (i.e. For Jessner or TCA Peels).
- **Avoid the use of products that contain these ingredients:** Glycolic, Salicylic, Alpha or Beta Hydroxy, Retin-A (including Gloss), Benzoyl Peroxide. Also avoid scrubs, clay masks and the Clarisonic Brush for **10-14 days**.
- **Wait 5-7 days** to resume use of these products: Lytic Tx or Vitamin C Serum
- **Wait at least 10-14 days** to do any other exfoliation treatments (including waxing); unless instructed differently by your provider.



- **Wait at least 7-14 days post peel for Dermal Fillers or Dysport/Botox injections in the treated area.**
- **To avoid scarring and/or infection DO NOT pick at the peeling skin.**

Call Harmony Skin & Wellness Clinic if you have any questions or concerns (970) 282-8266.

*Timelines are approximate. Precautions should be extended beyond the recommended time if skin remains sensitive.