



All Natural Peel Before and After Care

*To help ensure the best results,
please follow these guidelines for both before and after your peel*

For optimal results we suggest taking Avon at least 30 days prior to your peel.

COVID-19 Vaccinations

Please wait a full month after your vaccinations before scheduling your Peel.

Prescription Medications

If you are under the care of a Physician and taking prescribed medications, you should check with your doctor regarding possible interactions prior to scheduling your Peel.

Preparation For Your Peel

- Do not drink coffee, alcohol, or energy drinks the day of your procedure to avoid overstimulation and discomfort. *Disregarding this guideline could result in more discomfort during the procedure.*
- Do NOT discontinue prescription medication without checking with your doctor first. Otherwise you should stop medication 48 hours before your peel.
- You should avoid taking the following:
Advil, Aleve, Aspirin, Motrin, or their generic equivalents

Homecare Supplies

- Neosporin Ointment (Gel, not Cream)
- 302 Revive, 302 Face & Body Bare, 302 Sensitive Cleanser, 302 Calming Mist, 302 Sensitive Moisturizer, 302 Revive, 302 Pro Hya +, 302 Ceramide Serum, DNA Zen Therapy Treatment Gel, 302 Dry Sensitive Moisturizer, and Sunblock
- Benadryl (histamines can be activated and soothed with Benadryl)
- Plenty of clean hand towels

General Before & After Care Treatment Guidelines

- We recommend washing hair if needed before this treatment since the treatment area can not get wet for 24 hours.
- Keep your body temperature cool.
- No sunbathing or tanning for 2 weeks before or after treatment.
- Avoid rapid exfoliants on the treatment area. This includes Retin-A and Glycolic Acid.
- Avoid laser treatments, and intensive facial/hair treatments for 1 month before treatment. No electrolysis on the procedure area.
- Do not smoke any marijuana 24 hours before your appointment.



General Before & After Care Treatment Guidelines Continued

- If currently on Accutane (to treat acne), the procedure can NOT be performed before at least 6 months after the completion of the treatment.
- Do not work out the day of the procedure.
- Avoid heavy and extreme exercise and sweating for at least 2 weeks after procedure.
- No pools until fully healed, we advise a full 3 weeks.
- Please allow time for the procedure to heal before going on vacation or any special events.
- Only touch the treated area with clean hands or mist the 302 Calming Mist as many times as needed.
- Do not pick or purposely remove dull, dead skin prematurely. The healing process will cause some itching, and dry skin. These symptoms will dissipate. You can use small, fully disinfected scissors to cut the dead skin dangling and ready to be removed. *Do not cut or remove what is not ready to be removed.*

Before Your Procedure

- Do not wax, dye or tweeze the facial hair for 1 week prior to the procedure.
- Electrolysis should not be done 1 week prior to the treatment.
- Wear comfortable clothes to your appointment that can easily be put on afterwards.
- Have a nice meal before your treatment to avoid wiping/movement of the mouth and jaw for a few hours after your treatment.

After Your Procedure

- Do not wet skin for 24 hours after peel application.
- No Clarisonic (or sonic of any kind), washcloths, abrasive tools or precast for at least 10 days.
- Only use your finger tip with cleanser when washing the treatment area. Do not apply the 302 bar directly on the skin, instead, lather it in your hand and apply to your face gently.
- Cleanse with the 302 Sensitive Cleanser twice daily for two minutes each time. After you start to peel, add the 302 Bar on your first cleanse and the Sensitive Cleanser on your second cleanse.
- The peeling process usually starts by the 3rd or 4th day. Once you start peeling around the mouth and lip area, apply the Neosporin ointment around the area for 3 consecutive nights. You can then apply Re-vive (wait until it dries completely) and a pump of Zen Therapy Gel, a pump of 302 Pro Hya +, a pump of 302 Ceramide Serum with 2-3 pumps of 302 Calming Mist on all of the new skin and glide over the rest of the face, neck, and decollate. Finish off with the 302 Dry/Sensitive Moisturizer, and Sunblock. You can reapply your sunblock as often as needed during the day as well as the Calming Mist and moisturizer. *Please keep in mind that the peeling process needs to take place and the new skin needs the nutrients.*
- Keep your body temperature cool and reapply your sunblock every two hours as needed.
- You may resume your regular skin care regime after you have completely peeled.
- Your Personalized Facial Treatment will take place within 7-10 days after your treatment procedure. Adjustments can be made on your home regimen to help accomplish and reach your desired goal.
- *Full benefits will not be seen until 2-6 weeks post peel.*

Feel free to text if you have any questions!

The Staff of Lasting Impression