



LIGHT OR MEDIUM DEPTH CHEMICAL PEEL PRE TREATMENT INSTRUCTIONS

Chemical peels are helpful in treating a variety of skin conditions. Acids (salicylic, glycolic, or trichloroacetic) are utilized to slough off dead skin cells and remove the top layer of skin through a "peeling" mechanism. As the skin heals with a new top layer, wrinkles are reduced, scarring and acne is improved, and texture, tone, and pigment normalize. Post treatment care is an important part of the recovery and strict adherence to post-peel care instructions will maximize benefits and reduce the chance of adverse events. It may take several months and several treatments to obtain the desired result.

Pre-Treatment Recommendations:

- Avoid sun exposure as much as possible. Apply a sunscreen with SPF 15 or preferably SPF 30 as part of your daily regimen.
- Two weeks prior to your peel, you should begin a home regimen of either Retin-A / Tazorac/ Differin, or a glycolic acid (alpha-hydroxy acid) cream/lotion/gel approved by the physician or staff.
- One week prior to the treatment, you should stop:
 - Any hair removal techniques except shaving
 - Facial masks, loofahs and other abrasive cleansing techniques
 - Hair dyeing, permanent wave or straightening treatments
 - Other resurfacing or exfoliating/adhesive products other than your approved home glycolic product.
- Three days prior to your peel, you should stop:
 - Retin-A or Renova (tretinoin)
 - Tazorac or Avage (tazarotene)
 - Differin (adapalene)
- On the day of your peel, do not shave or use your home glycolic product. Come to the office with a clean face; no make-up, aftershave or cologne/perfume should be applied, if possible.
- If you have a history of herpes simplex (cold sores) in the area to be treated, please notify us. We may prescribe a medication for you to start taking the day of your peel to help avoid an outbreak.

If you have any additional questions/concerns, please call us at (909) 981-8929.

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