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**Dr. J. Ben Hengy & Dr. Andrew Mendians**

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**Post-Procedure Instructions for the following Cosmetic Skin Treatments:**

TCA (Trichloroacetic Acid) 30%	TCA 50%	Sensi Peel
Enhanced Jessner Peel	Ultra Peel I	Ultra Peel II
Ultra Peel Forte	Esthetique Peel	Oxygenating Trio
Detox Gel Treatment	PCA Peel	Pumpkin Peel
Glycolic Acid 30%	Glycolic Acid 50%	Glycolic Acid 70%

The Physicians, Aestheticians and Clinicians at Lakeshore Facial perform a variety of chemical peels here in the office to treat your skin condition. The treatment can be quite effective in improving blemishes, age spots, the removal of superficial skin cancers, or for the treatment of superficial wrinkles. It is important that you follow the postoperative care instructions as listed below.

**2 DAY POSTOPERATIVE INSTRUCTIONS**

- Stay Cool! Heating internally can cause hyperpigmentation.
- Do not put the treated area directly into a hot shower spray.
- Do not use hot tubs, steam rooms or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of mechanical exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to the treated area.

**GENERAL GUIDELINES:**

After receiving one of the above PCA professional skin treatments, you should not necessarily expect to “peel”. However, light flaking in a few localized area for several days is typical. Most patients who undergo these treatments have residual redness for approximately one to twelve hours post-procedure.

As with all peels and treatments, it is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight; however, makeup may be applied 15 minutes after the treatment if desired.

To minimize side effects and maximize results use the PCA post-procedure kit as indicated by your Aesthetician. The post procedure solution provided in the kit should be used for 3 to 5 days or until the flaking has resolved.

If the skin feels tight, apply ReBalance for normal to oily skin types or silkcoat balm for drier skin types to moisturize as needed. For maximum hydration, you can apply hydrating serum under ReBalance or silkcoat balm.

Moisturizer should be applied at least twice a day but can be applied more frequently for hydration and to decrease the appearance of flaking.

It is recommended that other topical, over-the-counter medications or alpha hydroxyl acid products not be applied to the skin 7 days post procedure, as they may cause irritation.

It is also recommended to delay use of tretinoin, Retin-A, Differin, Renova, Tazorac, Avage EpiDuo, or Ziana 5 days post procedure. Consult the prescribing physician before temporarily discontinuing use of any prescription medications.

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**Avoid direct sun exposure and excessive heat.** Use a SPF 45 or 30. Do not go to a tanning bed for at least 2 weeks post-procedure. This practice should be discontinued due to the increased risk of skin cancer and signs of aging.

Do not pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation.

Do not have electrolysis, facial waxing and/or depilatories for approximately 5 days.

Do not have another treatment until your clinician advises you to do so.

**ADDITIONAL INFORMATION:**

We ask that you observe carefully for any signs and symptoms of infection including excessive redness, pus like drainage from the area, increasing swelling or redness around the treated area. Should you have any concerns or questions regarding the treatment please don't hesitate to contact the physician at 231.398.9536. After hours the physician on call can be contacted by calling 231.843.2591.

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