

Chemical Peel Pre-Treatment Instructions

- For optimum results, skin may be pre-treated with **skinbetter** science skincare products up to **1 week** prior to first peel treatment. Consult with your healthcare professional to determine which products are suitable for use.
- Avoid clay masks, scrubs or additional exfoliators that contain alpha hydroxy acids (AHAs), such as glycolic and lactic acid, and beta hydroxy acids (BHAs), such as salicylic acid, for at least **48 hours** prior to each peel treatment.
- Do not use AlphaRet products, Retin-A or any other Vitamin A product, including products that contain a retinoid or retinol for at least **48 hours** prior to each peel treatment.
- Do not use self-tanning agents for at least **48 hours** prior to each peel treatment.
- The AlphaRet Professional Peel should not be performed if any active cold sores, fever blisters or herpes are present anywhere on your face prior to treatment. Inform your provider if you have a history of cold sores. You may be placed on an anti-viral medication prior to treatment.
- The AlphaRet Professional Peel should not be performed on sunburned or windburned skin.
- Do not have facial hair waxed/lasered **48 hours** prior to each peel treatment. Avoid facial hair shaving **8 hours** before each peel procedure.
- If you have recently undergone any other facial treatment procedures, such as microdermabrasion, microneedling, dermaplaning, laser resurfacing, chemical peels, botulinum toxin, dermal fillers, facial plastic surgery, etc., skin must be completely healed and normalized prior to receiving an AlphaRet Professional Peel.

Please talk to your Healthcare Professional if you have had any recent procedures to confirm suitability of treatment.

Chemical Peel Post-Treatment Instructions

- Generally, non-comedogenic (non-pore clogging) makeup may be applied after each AlphaRet Peel treatment.
- Avoid exercise (sweating) for at least **a few hours** after each treatment.
- Avoid direct sun exposure: wear protective clothing (i.e., wide-brimmed hat) and use a broad-spectrum sunscreen with an SPF 30 or higher, daily.
- Do not use retinoid- or retinol- containing products such as Tretinoin, AlphaRet Overnight Cream, or other vitamin A derivatives for **5 days after** an AlphaRet Professional Peel treatment, unless otherwise instructed by your provider.
- Do not use other potentially irritating ingredients such as harsh exfoliating products that contain alpha hydroxy acids or beta hydroxy acids (AHA's like glycolic or lactic and BHA's like salicylic acid) for **5 days** after an AlphaRet Professional Peel treatment, unless otherwise instructed by your provider.
- If irritation occurs, stop the use of products until the skin normalizes.
- Facial hair should not be waxed for **72 hours** after an AlphaRet Peel treatment. You may resume facial shaving **72 hours** after each peel treatment or when the skin has normalized.
- Avoid the use of heat sources such as steam, saunas, and professional or home hairdryers for **8 hours** following an AlphaRet Professional Peel treatment.
- Redness, tightness, irritation, itching, and flaking may occur following the treatment, but should resolve within **72 hours**. Moisturizers like Trio or a hydrating SPF like Alastin HydraTint may be applied throughout the day to help soothe the skin.
- Client experiences may vary. Some people may experience a delayed onset of the previously mentioned symptoms. Contact us immediately if any unusual side effects occur or if symptoms worsen over time.