

### *What it is:*

A **light, non-surgical** chemical peel for **sensitive skin** that combines alpha- and beta-hydroxy acids, resorcinol and retinoic acid to gently slough away the outermost layers of the skin to reveal smoother, younger looking skin.

### *Features & Benefits:*

- Improves skin texture and restores a youthful glow
- Reduces fine lines
- Lightens hyper-pigmentation and sun damage

### *Duration of Benefits:*

- Usually administered as a series of three to six treatments, spaced three weeks apart depending on condition of patients' skin
- Results last approximately three to four months
- Periodic treatments are necessary to maintain results after the initial series is completed
- Repeat this peel three to four times per year to maintain benefits

### *Duration of Treatment: 30 Minutes*

### *Treatment Protocol:*

- Esthetic cleanse of face and neck
- Application of prepping solution
- Application of peel
- Cooling/fanning while peel penetrates the skin (five minutes)
- Application of retinoic acid (finishing step)

### *Candidates:*

- Suitable for all skin types, especially those with sensitivity that cannot tolerate more aggressive chemical peels/resurfacing treatments

### *Contraindications:*

- Patients with history of herpes must pre-medicate with Valtrex®
- Patients with active cold sores or warts, wounded, sunburned, excessively sensitive skin, dermatitis or inflammatory Rosacea in the area(s) to be treated should be excluded from the SkinMedica Vitalize Peel® because the procedure could potentially precipitate a flare up or spread the condition
- Patients with a history of allergies, rashes or other skin reactions may be sensitive to treatment
- The SkinMedica Vitalize Peel® should not be performed on patients with an allergy to salicylates (i.e., aspirin)
- This peel is not recommended if you have taken Accutane within the past year or received chemotherapy or radiation therapy
- This procedure should not be administered to pregnant or breastfeeding (lactating) women

### *What to Expect:*

- Patients will likely experience a stinging sensation as the peel activates on the skin
- Immediately after the peel, your skin will be light yellow. This is temporary and will fade in one to two hours
- Approximately 48 hours after the treatment, your skin will start to peel

### *Downtime/Recovery:*

- Skin may take on a sunburned appearance
- Peeling and redness will last approximately three to five days

### *Pre-treatment Guidelines:*

#### *SkinMedica Vitalize Peel®*

##### **One week before your SkinMedica Vitalize Peel®:**

- Avoid the following procedures: electrolysis, waxing, depilatory creams and laser hair removal
- Cease using any exfoliating products that may be drying or irritating, such as salicylic acid, alpha hydroxy acid and glycolic acid

##### **Three days before your SkinMedica Vitalize Peel®:**

- Cease using Retin-A, Renova®, Differin® (Adapalene 0.1%) or any products containing Retinol, AHA or BHA, or Benzoyl Peroxide

### *Post-treatment Recommendations/Prescriptive Care:* *SkinMedica Vitalize Peel®*

- Leave on finishing solution until bedtime for best results
- Rinse skin gently (with water only) and pat dry/do not rub
- **DO NOT PICK OR PULL THE SKIN**, as scarring can result
- Avoid harsh cleansers or washcloths
- Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as there may be more sensitivity following the treatment
- Do not have any other facial treatment for at least one week after your peel

### *Daily Skincare Routine:*

- When washing your face, use a gentle, **non soap cleanser** (such as Cetaphil®)
- Cease the use of exfoliating scrubs for at least one week after your peel
- Apply a light moisturizer (not containing any alpha hydroxy acids) as often as needed to relieve dryness and tightness
- Use a sunscreen with an SPF of at least 25 and avoid direct sunlight for at least one week
- You may resume the regular use of Retin-A, alpha-hydroxy acid (AHA) products or bleaching creams only after the peeling process is complete

### *Follow Up Visit:*

- A follow up visit is generally not necessary
- **Call the office immediately if you have any unexpected problems after the procedure**

