

POST-PEEL INSTRUCTIONS

The 7 days following your peel your face will feel extremely tight, possibly swollen, and sun burnt. These feelings are all completely normal after receiving a chemical peel. Within the following days of a chemical peel, your skin may discolor to a deep red-brown color. The following steps will help you with the process of the peel and help you heal in the fastest and most comfortable way possible.

PRODUCTS IN THE PROLONG KIT

You will be provided a post-peel skin care kit (Theraderm Prolong). Follow the steps* of the Prolong kit accordingly:

- Step 1:** Cleanse (Cleansing Wash)
 - Step 3:** Brighten (Enlighten Skin Brightener)
 - Step 4:** Repair (OPC Reparative Gel)
 - Step 5:** Hydrate (Peptide Hydrator)
- Bacitracin (Antibiotic Ointment)

**Use all these steps morning and night.*

DAY 3 AFTER CHEMICAL PEEL

On your third day of peeling _____, you may start to add in the exfoliating treatment, "Smoothing (NuPeel Natural Enzyme Peel)" and Step 2 "Exfoliate (Fruit Acid Exfoliant)".

- After washing your skin with Theraderm Cleansing wash, dry skin completely. Apply a thick amount of "Smoothing (NuPeel Natural Enzyme Peel)" to entire face. Let the NuPeel sit on the skin for 30-60 seconds and then start rubbing skin in small circles. Small beads will form on the skin; this is the product picking up your dead skin cells. After your skin seems like it won't bead up anymore, wash product off and dry completely.
- After skin is dry, apply 10 drops of the Step 2 "Exfoliate (Fruit Acid Exfoliant)" onto the Gentle Application pads. Gently glide this product against your skin. Your skin will feel very sensitive at this point, so be careful to not scrub the skin with this product. If your skin is too sensitive to this product then just use the NuPeel as your exfoliator.
- The most important part to healing your skin is to keep it GREASY and MOIST. Bacitracin is an antibiotic ointment that Dr. Newman believes aids the skin the most for healing during a chemical peel. During your peel, your skin should NEVER feel dry. If it does, apply more bacitracin. This will not only help your skin heal faster but also add to your comfort level. If your skin feels swollen, you may apply hydrocortisone cream to your skin as well.
- It is important to not go out in the sun while you are healing from your chemical peel. The fresh new skin underneath the peel will be extremely sensitive like baby's skin. Whenever you go outside, be sure to wear a

sunscreen of 30 SPF and a hat to protect your skin. After your peel it is also important to continue protecting your skin with sunscreen. This is fresh new skin that deserves the best care!

- If you are a foundation makeup wearer, we encourage you to wear our Lycogel makeup during the peeling process. This makeup is specially formulated to heal your skin while protecting it with 30 SPF and providing full coverage. This makeup is perfectly healthy for you to wear everyday during your peeling process and even for everyday wear after!

HOW TO APPLY LYCOGEL

Lycogel is an extremely healthy makeup for your skin. It sits on your skin in a weave-like form on top of your skin so that it is able to breathe from all angles. It includes 30 SPF into its formula so it is protecting your skin from the sun at the same time. This is a full coverage makeup that allows you to cover redness from chemical peels, acne, acne scars, bruises, age spots, and discoloration.

- Make sure your skin is moist from moisturizer or sunscreen.
- Apply equal portions of both moisturizer and Lycogel onto fingertips. Mix together in fingertips for 10 seconds to warm up makeup.
- Apply makeup **quickly** all over your face as if you are washing your face. Since Lycogel is thick, it will dry very fast so you will have to apply quickly.
- If you need more coverage, wait a minute and apply more Lycogel where needed.
- About 10 minutes after applying Lycogel, you can apply the rest of your makeup as you would regularly.

Lycogel is a cream makeup that dries matte. After about 10-15 minutes of applying Lycogel it will dry completely. It is not necessary to wear a powder foundation or finishing powder on top of Lycogel. Since it is a completely breathable makeup, applying a powder on top of it would counteract that purpose.