

## **Pre and post care for PCA Peels:**

### **Before your peel:**

1. Discontinue all retinol/retinoids, exfoliants, and topical prescriptions 7 days prior to your treatment.
2. No sun exposure for at least 14 days prior to treatment.
3. Please note: This treatment cannot be performed on pregnant or nursing patients.

### **After your peel:**

1. No heating your skin (No working out, no saunas/steam, no hot showers, etc.)
2. No sun exposure for at least 2 weeks after treatment. Be sure to wear spf 30 or higher at all times during the day.
3. Leave your PCA peel on your skin for 4 hours, then cleanse with a gentle cleanser and follow with a gentle moisturizer.
4. Avoid any retinoids, exfoliants, scrubs, acids, benzoyl peroxide, or cleansing brushes for at least 5 days after your peel.
5. Avoid scrubbing/peeling, or picking your skin throughout the peeling process. Irritation to your freshly peeled skin can lead to scarring and other skin damage.
6. Avoid wearing face makeup for at least two days post-peel.
7. You may wax or tweeze unwanted hair as usual after a week.
8. Book your next treatment for 4 weeks out, or as indicated by your esthetician.