

For two days post-procedure:

- Stay cool! Heating internally or externally can cause hyperpigmentation (i.e. exercise, hot showers, saunas, etc.)
- Do not participate in activities that would cause excessive perspiration.
- Do not use facial sponge/clarisonic/loofahs, scrubs or other means of mechanical exfoliation.
- Do not apply ice or ice water to the treated area.
- Do not wash your face or area treated for at least 6 hours. For best results wait till the following day.

General guidelines:

- After receiving a Blu Cocoon professional chemical peel/exfoliation treatment, **you should not necessarily expect to 'peel'**. However, light flaking in a few localized areas for several days is typical. Most patients who undergo these treatments have residual redness for approximately one to 48 hours post-procedure.
- 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, mineral makeup may be applied 15 minutes after the treatment *if necessary*.
- Post Peel Soothing Balm such as **PCA Apres Peel** (soothing balm) and Moisturizer should be applied at least twice a day but can be applied more frequently to calm, hydrate and decrease the appearance of flaking. We suggest **Obagi Therapeutic Moisturizer, PCA clearskin** for normal to oily/acne skin types or **Vivite Replenish Hydrating Cream, Obagi Hydrate, or Clarity Nourish your Skin** for drier skin types to moisturize as needed. For maximum hydration, you can apply **Daily Dose of Water** under any of the above listed moisturizers.
- It is recommended that other topical, over-the-counter medications or exfoliants such as; AHA's (glycolic/lactic acid), BHA's (salicylic acid), Benzoyl Peroxide, etc. not be applied to the skin five days post procedure, as they may cause irritation or chemical burn.
- It is recommended to delay use of topical prescription medications such as; tretinoin, Retin-A®, Differin®, Renova®, Tazorac®, Avage® EpiDuo™ or Ziana® five days post-procedure. Consult your physician before temporarily discontinuing use of any prescription medications.
- Avoid any tanning, direct sun exposure, and excessive heat. Use a **SPF30 broad-spectrum sun screen/protectant or above AT ALL TIMES especially the week following your procedure. Blu Cocoon has several professional broad-spectrum sun screens available; PCA Protecting hydrator SPF 30, PCA Hydrator Plus SPF 30, Obagi Sun Shield SPF 50, Tizo SPF 40, Colorscience powered sunscreens in SPF 30 & 50.**
- Do not go to a tanning bed for at least two 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 (darkening of the picked area).
- Do not have laser hair, electrolysis, facial waxing and/or depilatories for approximately 14 days.
- **Do not have another treatment until your clinician advises you to do so.**