

The Illuminize Skin Medica peel is great for all skin types. It is indicated to treat mild skin imperfections, reduction of fine lines and wrinkles, sun damage, pigment irregularities. Expect no downtime with little or no visible peeling lasting 2-5 days. For maximum results, the Illuminize Peel can be applied every 2 weeks until desired results are achieved. Results are cumulative and maximum benefits are seen with at least a series of 3-6 peels.

**Pre-treatment:**

**1 week before peel:**

- Avoid the following products and/or procedures:
  - Depilatory (hair removal) creams, Waxing, Electrolysis, Laser Hair Removal

**3 Days before peel:**

- Avoid the following products and/or procedures:
  - Retin-A, Tretinoin, Renova, Differin, Tazorac. Any products containing Retinol, AHA or BHA, Benzoyl Peroxide. Any exfoliating products or procedures that may be drying or irritating.
    - The use of these products/treatments prior to your peel may increase skin sensitivity and cause a stronger reaction.

**Post-treatment:**

**WHAT TO EXPECT:**

**Immediately after the peel and up to 24 hours:**

- Skin may appear slightly redder than usual for about 1-2 hours after the treatment. If the neck and décolleté are treated, the redness might last slightly longer. Mild edema can last up to an hour. Wait until bedtime before washing the face.
- Avoid strenuous exercise on the day of the procedure. Stay cool! Heating internally or externally can cause hyperpigmentation (i.e. exercise, hot showers, saunas, etc.).

**Next day - 4 days after the procedure:**

- Skin should look normal the next day.
- Because of the superficial nature of this peel, patients should not expect to see visible peeling. Occasionally, some patients may have very minor flaking 3-4 days after the procedure.
- Use a gentle soap free cleanser. Do not scrub or use a wash cloth while the skin is peeling.
- We recommend the Post-Procedure Solution Kit from **PCA Skin**. The kit is designed to sooth and hydrate the skin after any chemical peel.
- Limit Sun exposure for 1 week after peel. Apply SPF 30+ daily in the AM and throughout the day.
- 4-5 Days after procedure: start regular skincare regime.
- 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.

If you have additional questions prior or after your treatment, please call our office at: **(408) 295-2580**