



## The Beauty Barn

### Illuminate Peel Post Treatment Instructions

Immediately after the peel and up to 24 hours	<ul style="list-style-type: none"><li>• Skin may be tight and more red than usual.</li><li>• Wait until bedtime before washing your face.</li><li>• Start applying moisturizer after washing your face at bedtime the same night of the peel.</li><li>• Avoid strenuous exercise starting the day of the procedure.</li></ul>
Next day- 4 days after procedure	<ul style="list-style-type: none"><li>• Skin should look normal the next day.</li><li>• Because of the superficial nature of this peel, do not expect to see visible peeling. Occasionally, some patients may have very minor flaking 3-4 days after the procedure.</li><li>• Apply moisturizer as often as needed to relieve dryness.</li></ul>
4-5 days after procedure	<ul style="list-style-type: none"><li>• You may resume the regular use of retinol, AHA, or bleaching creams.</li><li>• Wait until skin sensitivity resolves before having any other facial procedures including facials, microdermabrasion, facial hair removal, injections, or fillers.</li></ul>
Post Peel Skin Care Regimen	<p><i>Cleanse:</i></p> <ul style="list-style-type: none"><li>• Use a gentle, soap-free cleanser like SkinMedica sensitive skin cleaner or SkinMedica facial cleanser. Wash gently and avoid rubbing the skin. Do not use a facial cleansing device until the peeling process is complete.</li></ul> <p><i>Moisturize:</i></p> <ul style="list-style-type: none"><li>• Apply SkinMedica TNS ceramide treatment cream (or other moisturizer recommended to you) and SkinMedica HA5 as often as needed to relieve any dryness. Apply all topical skin care products gently and avoid rubbing.</li></ul> <p><i>Sun Protection:</i></p> <ul style="list-style-type: none"><li>• Apply Essential Defense Mineral Shield Broad Spectrum SPF 35 or tinted SPF 32.</li><li>• AVOID direct sunlight for at least one week.</li></ul>
Series of Peels	For maximum results, the Illuminate Peel can be applied every 2 weeks until desired results achieved. Results are cumulative and maximum benefits are seen with a series of 3 or more peels.

Contact the office immediately if you are experiencing reactions after your peel, such as:

- Moderate to severe swelling, burning, or redness
- Itching that does not subside or resolve after applying moisturizer
- Rash like skin appearance

- Pain

*For any questions or concerns you may call or text 678-824-5466  
or email us at [beautybarn427@gmail.com](mailto:beautybarn427@gmail.com).*