



POST ILLUMINIZE PEEL INSTRUCTIONS

It is crucial to the health of your skin that these guidelines be followed.

- Use a sunscreen with an SPF of at least 30 (such as Environmental Defense Sunscreen SPF 30+) and avoid direct sunlight for at least one week.
- Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as they may be more sensitive following the peel.
- Because of the superficial nature of this peel, patients should not expect to see visible peeling. Occasionally, some patients may have very minor flaking three to four days after the procedure.
- Avoid exercise or excessive heat for 48 hours after peel.
- Skin may appear slightly redder than usual for about one to two hours after the treatment. If neck and décolletage are treated, the redness might last slightly longer.
- Skin should look normal the next day.
- When washing your face, do not scrub or use a wash cloth. Use a gentle cleanser or any other cleanser recommended by your provider.
- After washing your face, apply a gentle and healing moisturizer recommended by your provider for four to five days as often as needed to relieve any dryness.
- You may resume the regular use of Retinol, exfoliating products or bleaching creams only AFTER the peeling process is complete.
- Wait until peeling completely subsides before having any other facial procedures, including facials, microneedling, laser treatments, facial hair removal or waxing, BOTOX injections or injectable fillers.

For best results, we recommend a series of three peels followed by maintenance peels.

Message us on Klara or call the office at 205.877.9773 if you have any unexpected problems after the treatment.