



AESTHETIC FACIAL PLASTIC SURGERY PLLC
DR. PHILIP YOUNG, MD

Post-Peel or Microdermabrasion skincare tips

Two days post-procedure:

- Stay cool! Heating internally can cause hyperpigmentation.
- Do not put the treated area directly into a hot shower spray.
- Do not use hot tubs, steam rooms or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration. Can histamine reaction.
- Do not use loofahs or other means of mechanical exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to the treated area

General guidelines:

- Most patients who undergo these treatments have residual redness for approximately one to twelve hours post-procedure.
- As with all peels and resurfacing treatments, 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, makeup may be applied 15 minutes after the treatment
- Moisturizer should be applied at least twice a day but can be applied more frequently for hydration and to decrease the appearance of flaking.
- It is recommended that other topical, over-the-counter medications or alpha hydroxy acid products **not** be applied to the skin **7 days** post procedure, as they may cause irritation.
- It is recommended to delay use of tretinoin, Retin-A®, Differin®, Renova®, Tazorac®, Avage® EpiDuo™ or Ziana® **five days** post-procedure.
- It is imperative to use a sunscreen/sunblock with SPF 20 or higher and avoid direct sun exposure for at least a week.
- **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.
- **Do not** have electrolysis, facial waxing and/or depilatories for approximately **5-7 days**.

Do not have another treatment until your clinician advises you to do so. If you have any questions or concerns, please feel free to call the office. 425.990-3223