

Professional Peel Client Form

Recommended Post Treatment Care

Immediate Home-Care Regime – Day 1 – 7

Clinician- Circle one appropriate product in each category depending on client's skin type and condition.

Cleanse

- Apricot Cream Cleanser
- Milk Cleanser

Toners and Mists

- Soothe | Dermal Repair Mist

Moisturize

- Soothe | Dermal Repair Balm
- Brazilian Propolis Serum Moisturizer
- Aloe Vera Calming Gel (in addition to another moisturizer)

Specialty Products (optional)

- Bulgarian Rose Otto
- Moisture Surge Hyaluronic Acid Gel

Sun Protection (reapply every 2 hours)

- Zinc Oxide Perfecting Sunscreen SPF 27
- Active Sport Sunscreen SPF 30+

Post Treatment Suggestions 1-5 days (if peeling occurs all of these should be done until peeling is complete)

- It is recommended to allow the skin to rest and normalize overnight after a professional peel. However, if it is absolutely necessary, you may apply make up after a 15 minute period.
- If the skin begins to peel or flake, do not pull or pick at the skin, this may cause trauma or hyperpigmentation.
- Do not apply ice or ice cold water directly to the treated areas.
- Do not exercise or participate in activities that will cause perspiration.
- Avoid excessive heat including: baths, showers, hot tubs, steam rooms, and saunas.
- Do not use abrasive scrubs or exfoliation of any kind.

Post Treatment Suggestions 1-14 days

- Avoid all forms of direct UV exposure and excessive heat for at least 2 weeks. Apply sun protection with a minimum of SPF 15 every 2 hours
- Do not go to a tanning booth for at least 3 weeks.
- Discontinue the use of Retin-A®, Accutane®, Differin®, Tazorac®, or Avage® for at least 5 – 7 days post treatment (always consult with your prescribing doctor prior to temporarily discontinuing the use of prescription medications).
- Do not have any form of microdermabrasion, chemical peel, or laser treatment for a minimum of 14 days.
- Do not have injectables, waxing, electrolysis, and/or use depilatories for a minimum of 2 – 5 days.

Maintenance

At this time you may begin using a customized skin care regime of Epicuren® products that your clinician determines are indicated for achieving your desired result.

Epicuren® Professional Peels are not recommended to be applied more than every 7-14 days (depending on sensitivity and skin condition).

I understand that after receiving this professional peel, my skin may be more sensitive than normal. I agree to follow the instructions provided by my clinician.

Client Signature: _____

Date: _____

Clinician Signature: _____

Date: _____