



HOLLAND  
PLASTIC SURGERY & AESTHETICS

## **REJUVENIZE PEEL™ POST-PEEL INSTRUCTIONS**

### IMMEDIATELY AFTER THE PEEL AND UP TO 24 HOURS

Skin may be tight and more red than usual. Skin may feel tacky and have a yellow to orange tinge. This is temporary and will fade in a few hours. Wait until bedtime before washing your face. Start applying moisturizer after washing your face at bedtime the same night of the peel. Avoid strenuous exercise starting the day of procedure and while the skin is peeling.

### 24 HOURS AFTER THE PEEL AND UNTIL THE PEELING IS COMPLETE

Skin may be tight until it starts to peel. Peeling will generally start between 48-72 hours after the procedure and can last 2 to 5 days. For the first 48 hours, or before the skin starts to peel/flake, moisturizer can be applied twice a day. When the skin is peeling, moisturizer should be re-applied more frequently to control the peeling. **DO NOT PICK OR PULL THE SKIN.** Allow skin to peel at its own pace. Premature peeling of the skin will result in dry, cracked, raw skin that may develop into post-inflammatory hyperpigmentation.

### AFTER THE PEELING IS COMPLETE

You may resume the regular use of retinol, alpha-hydroxy acid (AHA) products or bleaching creams **ONLY** after the peeling process is completed. Wait until peeling has completed before having **ANY OTHER FACIAL PROCEDURES** including facials, microdermabrasions, facial hair removal (including laser hair removal), injections or injectable fillers.

### POST-PEEL SKIN CARE REGIMEN

**Cleanse:** Use a gentle, soap-free cleanser like EltaMD Foaming Facial Cleanser (included with your peel). Wash the face gently and avoid rubbing the skin. Do not use a facial cleansing device (ie, Clarisonic®) until the peeling process is complete. Do not scrub or use a washcloth while the skin is peeling.

**Moisturize:** While skin is peeling, apply SkinMedica® TNS Ceramide Treatment Cream™ (or any other moisturizer recommended by a medical professional) as often as needed to relieve any dryness and control peeling. Apply all topical skin care products gently and avoid rubbing the skin.

**Sun Protection:** Apply EltaMD UV Replenish SPF 44 (included with peel) daily. **AVOID** direct sunlight for at least one week.

**SERIES OF PEELS** Rejuvenize Peel™ can be applied every 4-6 weeks until desired results are achieved. Results are cumulative and maximum benefits are seen with a series of three 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

**OFFICE CONTACT:** For urgent assistance outside of regular hours, please call our main line at 207-835-4777 and press 7 to reach Dr. Holland directly. For questions during office hours, you can reach us via text at 207-255-7554 for prompt assistance.