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# Your Pre / Post Treatment Guide

## Treatment Preparation

- Using PCA Skin care products daily, prior to your peel, will not only prepare your skin but reduce the risk of complications and typically lead to better treatment results.
- If you are or could possibly be pregnant, or are breastfeeding, please consult your healthcare

provider before receiving a treatment as some PCA skin products may be unsuitable.

- Do not use a tanning bed two weeks prior to treatment.
- Due to the increased risk of skin cancer and accelerated visible aging, we recommend that the use of Tanning beds ceases entirely.
- It is recommended that extended sun exposure be avoided, especially the 10 days before your treatment.
- It is recommended to delay use of Retin-A®, Renova®, Differin®, Tazorac®, Avage®, EpiDuo®, Ziana® and high-percentage alpha hydroxy acid (AHA) and beta hydroxy acid (BHA) products for approximately five days before treatment. consult with your physician before discontinuing the use of any prescription medications, even on a temporary basis.

BEFORE



AFTER FOUR DAYS  
(During the peeling process)



The reality of having a Chemical Peel

## Post-Treatment Tips



- After receiving a PCA Skin professional treatment, you should not necessarily expect to “peel”, light flaking in a few localised areas for three to five days and residual redness for approximately one to twelve hours post-procedure is typical.
- It is recommended that makeup not be applied post-treatment, as it is ideal to allow the skin to stabilise and rest overnight; however, makeup may be applied 15 minutes after the treatment if necessary.
- To minimise potential side effects, use only the Post Procedure Solution for three to five days or until flaking has resolved.
- If the skin feels tight, apply ReBalance® for normal to oily skin types, or Silkcoat Balm® for drier skin types and moisturise as needed.
- It is recommended to delay the use of Retin-A®, Differin®, Renova®, Tazorac®, Avage®, EpiDuo®, or Ziana®, five days post-procedure. Always consult your physician before temporarily discontinuing use of any prescription medications.
- Avoid direct sun exposure and excessive heat. Use a PCA Skin broad spectrum sunscreen.
- Do not use a tanning bed for at least two weeks post procedure. This practice should be discontinued altogether due to the increased risk of skin cancer and accelerated visible aging.
- Do not pick or pull at any loose or peeling skin. This could potentially cause hyperpigmentation.
- Do not have electrolysis, facial waxing or use depilatory products for approximately five days.

## Frequently Asked Questions

### I am nervous about receiving a peel. How do I know a chemical peel is right for me?

Your PCA Skin certified professional has been trained in the safe and effective application of each of our treatment products. This training, in relation with their professional license, allows them to not only choose a treatment appropriate for your skin type, but also customise the treatment to address your personal skin care needs.

### How much discomfort can I expect during a peel?

The level of discomfort experienced depends on the treatment. PCA Skin chemical peels are gentle but can cause a stinging sensation on the skin. Deeper wrinkles, sun damage or acne scars may require a deeper peel, which may cause moderate stinging for a few minutes. Deeper peels are not necessary for most skin types and conditions. PCA Skin superficial peels produce beautiful and immediate results with minimal discomfort for most clients.

### Can people who are frequently in the sun benefit from receiving peel treatments?

Yes, but only if sunscreen protection is used every day. Sunbathing should be avoided due to the increased risk of skin cancer and visible premature aging, especially prior to treatment and while the skin is peeling. If you are receiving peel treatments to reduce skin discolouration (hyperpigmentation), it is imperative to use the appropriate PCA Skin brightening products, as well as a broad-spectrum SPF product daily. Also avoid unnecessary sun exposure to reduce the chance of further hyperpigmentation.

### Will a chemical peel have a thinning effect on the skin?

No. Having a PCA Skin chemical peel will remove surface build-up and hydrate the skin giving it a plumper appearance. The use of topical Vitamin C, retinoids, and peptide products in a treatment, as well as in a daily care regime, will help build the collagen and elastin network in the skin, making it stronger and more durable.