

# THE GROVE SPA

& BOUTIQUE

## The Perfect Derma® Skin Peel Post-Treatment

Follow this care plan closely in order to see the best results.

### Day 1-2:

- The treated area will feel tight and may appear slightly darker.
- The day of the peel application is "Day 1." The Peel solution should remain on the treated areas for at least 6 hours. During the first 6 hours, do not wash, touch, rub, or apply makeup to the treated areas.
- If you are not experiencing any irritation, the peel solution can remain on overnight.

### Day 2 AM:

- Gently wash and dry the treated areas. Vigorously apply the 1st Post Peel Towelette to the treated areas and let dry thoroughly. Towelette solution should dry thoroughly before applying SPF 30 or above. Makeup may be applied if desired.

### Day 2 PM:

- 30-60 mins before bedtime, gently wash and dry the treated areas. Vigorously apply the 2nd Post Peel Towelette to the treated areas. Leave the solution on overnight.
- If there is no significant irritation, do not use any moisturizing products on the treated areas until peeling begins (usually Day 3). If you are experiencing irritation, apply a small amount of The Post Peel Moisturizer 2-3 times daily. You may also apply a cold compress against the irritated area for relief. Avoid excessive sweating, sauna or heavy exercise during the peel process.

Keep reading for more Post-Care Instructions.



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## The Perfect Derma® Skin Peel Post-Treatment Continued

### Day 3-6:

- Peeling generally begins on Day 3.
- After peeling begins, apply The Post Peel Moisturizer (included in the Patient Home Care Kit) to the treated areas at least 2-3 times a day to relieve tightness. This moisturizer should be used until peeling subsides. If The Post Peel Moisturizer runs out, a 1% hydrocortizone cream may be substituted
- Do not rub, pick or pull on the peeling skin, let the peeling occur naturally. Rubbing, picking or pulling may cause scarring. Gently wash (do not scrub) and dry the treated areas morning and night, and apply The Post Peel Moisturizer as needed. SPF 30 or above should be applied every 2 hours during sun exposure.

### Day 7 and After:

- The peeling process is generally complete. Mild sloughing may still be occurring in some treated areas. Continue to protect the skin with SPF 30 or above. You may resume use of your normal skin care products.

Have a question? Call us at 816-834-9100 or email us at [clientservices@thegrovespa.com](mailto:clientservices@thegrovespa.com)