



Client Pre and Post Chemical Peel and Microdermabrasion Guidelines

Pre Care

1. Discontinue the use of Accutane at least six (6) months prior to scheduled treatment.
2. Discontinue the use of Retinoic Acid and or Retin –A products 3 days prior.
3. Clients that have any allergies to aspirin SHOULD NOT be administered Jessner’s Peel.
4. Lightning, not bleaching agent can be used 3 weeks prior to chemical peel to help prevent post inflammatory hyperpigmentation.
5. Waxing, shaving depilatories and electrolysis is prohibited ten (10) days after treatment. If perform these services three (3) days before treatment.
6. Schedule any Injectable Fillers or Botox treatments two (2) weeks prior to treatment. If Laser Resurfacing, schedule treatment four (4) weeks prior.
7. Tanning should cease three (3) weeks prior to treatment. If the skin is red irritated, or sunburned, the treatment must be rescheduled.



Post Care

1. Avoid direct sun exposure and apply SPF 30 sun protection at ALL times.
2. Avoid excessively hot conditions such as baths, saunas, and showers 48 hours after the treatment.
3. Avoid strenuous exercise 48 hours after the treatment.
4. Avoid rubbing, touching, peeling, or picking of the skin. This may result in scabbing, hyperpigmentation and hypopigmentation.
5. DO NOT use exfoliators such as Retinoid, Retin-A, or benzoyl peroxide for 1 week after treatment.
6. DO NOT wax, shave, or tweeze area of treatment at least 1 week after treatment.
7. Resume home care products gradually as directed by Aesthetician.

I acknowledge that the chemical peel and/or microdermabrasion treatment has been fully explained to me and I understand the Pre and Post Instructions that have been provided to me. All of my questions have been explained and answered to my satisfaction.

Client's Signature: _____ Date: _____

Aesthetician's Signature: _____ Date: _____