

Post-procedure skin treatment tips

For two days post-procedure:

- Stay as cool as possible. Overheating internally can cause hyperpigmentation.
- Do not put the treated area directly into a hot shower spray.
- Do not use hot tubs, steam rooms, or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of mechanical exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to the treated area.

General guidelines after receiving a PCA SKIN® superficial treatment:

- After receiving a PCA SKIN® professional treatment, you should not necessarily expect to “peel.” However, light flaking in a few localized areas for several days is typical. Most patients who undergo these treatments have residual redness for approximately one to 12 hours post-procedure.
- As with all peels and treatments, it is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight; however, makeup may be applied 15 minutes after the treatment if desired.
- To minimize side effects and maximize results, use **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 **Collagen Hydrator** for drier skin types to moisturize as needed. For maximum hydration, you can apply **Hyaluronic Acid Boosting Serum** under **ReBalance**.
- Moisturizer should be applied at least twice a day, but can be applied more frequently for hydration and to decrease the appearance of flaking.
- It is recommended that other topical, over-the-counter medications, or alpha hydroxy acid products not be applied to the skin seven days post-procedure, as they may cause irritation.
- It is recommended to delay use of tretinoin, Retin-A®, Differin®, Renova®, Tazorac®, Avage®, EpiDuo®, or Ziana® five days prior post-procedure. Consult your physician before temporarily discontinuing use of any prescription medications.
- Avoid direct sun exposure and excessive heat. Use **Weightless Protection Broad Spectrum SPF 45**, **Hydrator Plus Broad Spectrum SPF 30**, **Active Broad Spectrum SPF 45**, or **Sheer Tint Broad Spectrum SPF 45** for broad spectrum UV protection.
- Do not go to a tanning bed for at least two weeks post-procedure. This practice should be discontinued due to the increased risk of skin cancer and signs of aging.
- Do not pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation.

Do not have another treatment until your clinician advises you to do so.

New patient procedure

Skin analysis

- Review the **Patient Profile** with the patient, noting any unusual problems, allergic conditions, use of medications, or contributing stress factors.
- Ask the patient to describe their skin and have them specify areas of concern.
- Assess the patient using the Fitzpatrick scale and Global Heritage Model.
- Cleanse the skin thoroughly with **Facial Wash Oily/Problem**.
- Tone with **Smoothing Toner**. This product will sting or tingle mildly on most individuals. Ask, “On a scale of one to ten, ten being extremely active, how do you rate this sensation?” Make note of their response, as this is an indication of patient sensitivity.
- Analyze the skin visually utilizing available tools such as: Visia®, Skin Scanner, Wood’s Lamp, or a 5-diopter magnification lamp. Note skin type and conditions on the **Patient Profile** form.
- Take “before” photos using either a camera or available imaging technology. If using a camera, a tripod and chin rest are useful to ensure consistent facial positioning at each appointment. These photos serve to remind the patient of their skin’s condition prior to treatments; as a way to track treatment progress; and, with their written consent, to build a portfolio of visible treatment results for your practice.
- Use our **Rx Treatment Plan** to customize a regimen for the patient and educate them on the chosen product regimen.
- Apply the advanced correctives that you have selected for them. This allows the patient to experience your recommended products.
- Complete the analysis with the application of the appropriate SPF product for their skin type and condition; either **Weightless Protection Broad Spectrum SPF 45**, **Hydrator Plus Broad Spectrum SPF 30**, **Active Broad Spectrum SPF 45**, or **Sheer Tint Broad Spectrum SPF 45**.
- Review their recommended daily care regimen using either the **Rx Treatment Plan** or one of the **PCA SKIN®** condition-specific regimens.