

Post-Care

POWERPEEL & PCA PEEL



PRECAUTIONS

Avoid using any of the following prior or post peel:

- Chemical Peel (14 days),
- Spray Tan (14 days) or tanning booth,
- Waxing or chemical depilatory treatment (5 days),
- Neuromodulators or Fillers (7 days).

Pregnant, lactating or possibly pregnant women cannot receive a Peel without their doctor's consent, with the exception of OxyTrio,

Avoid any Sun exposure for 10 days prior to your appointment,

If you use Tretinoin, Retin-A, Renova, Differen, Tazorac, Avage, EpiDuo, Ziana or any high-percentage AHA or BHA product, you must stop a minimum of 5 days prior to your appointment.

WHAT TO EXPECT

Manufacturing products since 1990, PCA Skin offers peels known as superficial peels. This means they target the top layers of your skin, with little recovery time. There are different formulas for a variety of skin types and your Skin Specialist will determine the PCA Peel best suited for your needs.

Some Peels will have immediate results, while others may require a series of treatments. Either way, the results aren't permanent. You may seek monthly PowerPeels or PCA peels and use PCA Skincare or Thom Elzner products to improve & maintain your results.

PCA Skin Peels are applied in layers and left on your skin. They're not timed and removed like other chemical peels. The strength of a PCA peel is controlled by the number of layers applied.

Power peels are removed from your skin after 1 to 5 minutes depending on skin tolerance.

You cannot combine power peels with PCA peels or Microdermabrasion. PCA peels are a stand-alone service.

POSTCARE

Within the first 2 days of your procedure, you should avoid:

- Overheating,
- Hot showers, baths, and other direct hot steam,
- Hot tub, steamer or sauna,
- Hair dryers near the treated area,
- Swimming,
- Activities that result in a lot of sweating,
- Exfoliating the treated skin with a loofah or other means of mechanical exfoliation,
- icing or heating the treated area

Avoid direct sun exposure and excessive heat - Make sure to always wear and reapply SPF during the day (min. every 3 to 4 hours; a brush-on SPF can be very convenient).

Do not pick or pull any loosening or exfoliating skin. It may cause permanent hyper/hypo pigmentation.

Resume your use of Tretinoin, Retin-A, Renova, Differen, Tazorac, Avage, EpiDuo, Ziana or any high-percentage AHA or BHA product no earlier than 5 days after your service.

You cannot receive Collagen Injections, Fillers or Neuromodulators for at least 3 days post-procedure.

No electrolysis, facial waxing or depilatories for approximately 5 days post-procedure.

Your Skin Specialist will give you instructions on how to care for your skin immediately after the procedure, such as how soon you may wash your face after the chemical peel and what products to apply. Be sure to follow these instructions.

SIDE EFFECTS

The side effects you may experience largely depend on the strength, intensity, and type of peel you use.

For lightweight peels, there'll be little to no side effects. A little bit of redness post-peel will occur, but should subside in an hour or two. Skin peeling may occur within two to three days. However, this is pretty uncommon with superficial peels.

Note: Just because you don't peel, doesn't mean it isn't working! Don't underestimate the strength of a chemical peel, even if you feel it didn't do much.

Possible side-effects:

- swelling,
- Redness, from moderate to severe,
- Stinging,
- crusting,

Extremely rare:

- infection
- bruising
- delayed wound healing
- reactivation of herpes simplex virus

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Upper West
101 Amsterdam
(212) 707-8730



Back Bay
284 Newbury St., 1st Floor
(617) 236-1444

Dallas
Coming Soon

MidEast
127 East 56th St.
(212) 883-1125

Soho
495 Broadway, Lower Level
(212) 925-1956

North Station
101 Canal Street, Suite 400
(617) 936-3362

Hingham
Coming Soon

Chestnut Hill
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