



## Procedure instructions

*Please browse this list to find your procedure instructions.*

### Microneedling Instructions

#### Pre-Care

- Please arrive 5-10 min early with a clean face, no makeup.
- 7 days before, stop Retin-A, retinol, topical antibiotics, exfoliants, hydroquinone, Lytera, topical Vit. C, and benzyl peroxide.
- Notify the Medical Assistant if you are pregnant or breastfeeding.
- Limit sun exposure. Apply (re-apply every 2-3 hours) SPF 50.
- No tanning beds or self-tanner 7 days prior to appointment.
- No chemical peels, waxing, or hair removal 2 weeks prior to treatment.
- If you are prone to cold sores and need an anti-viral medication called in, please inform the Medical Assistant.
- You may want to bring a hat with you to your appointment to wear afterwards.
- **Please ensure you are well hydrated and have eaten something before your appointment.**

#### Post-Care

- Day 1: For the first 3 hours, only use Lift HC, applied with clean hands. After 3 hours Rescue may be applied. Purified water may be used to splash face, and cold compresses may be used. The SkinCeuticals Biocellulose Sheet Mask can be put in the refrigerator and applied when your skin feels especially hot or sensitive. For the first 24 hours these are the only products to be used. Microchannels created during treatment may remain open up to 24 hours. Do not do anything that raises the body temperature, like exercise or saunas until skin is healed.
- Day 2: Skin may be swollen and feel like a moderate sunburn. Gentle cleansing AM/PM. No exfoliation! Keep skin moisturized with a gentle product that you know your skin tolerates well. You can apply mineral sunscreen and makeup.
- Day 3: Skin should be less red and a little dry. Peeling may occur, do not pick or scrub it off. Gentle cleansing and moisturizing AM/PM. Still no exfoliation.
- Day 4: If redness and flaking have subsided, normal routine can be brought back in. If you're still sensitive or peeling, continue with gentle cleansing and moisturizing. Let skin heal completely before adding exfoliators or active ingredients like an acid - this may

take several days to a week. Wait 4 week: before having a facial, Botox, filler or any other treatment. Stay hydrated to assist cell regeneration.

## **Laser Treatments**

### **Pre-Care - All Lasers**

- Please arrive 5-10 minutes before your appointment time with a clean face.
- No tanning for 4 weeks prior to treatment.
- Limit sun exposure at least 4 weeks prior to treatment.
- Wear sunscreen and re-apply 4 weeks prior to treatment.
- No self-tanner 2-3 weeks prior to treatment.
- No exfoliating 4 weeks prior to treatment.
- If you take Roaccutane (isotretinoin) for acne, you must be off it for 3 months prior to treatment.
- Stop hydroquinone and Lytera 2 days prior to treatment.
- Certain antidepressants, anti-fungal drugs, antibiotics, and antihistamines can cause photosensitivity. If you are currently taking any of these, please inform the Medical Assistant.
- Please stop all active ingredient skincare 5 days prior to treatment. You may use Stone Crop products or Cetaphil.
- If you happen to get ill or need antibiotics in the 2 weeks before your treatment, please inform the Medical Assistant.
- Men need to be clean shaven. Women need to dermaplane or shave the night before.

### **Post-Care**

#### **IPL/Fotofacial Post-Care**

- Protect the treated area with SPF 30 or higher and avoid intentional sun exposure for 2 weeks after treatment.
- Some redness and swelling in the treated area is expected. Use cold compresses to help reduce these symptoms. You may use an antibiotic ointment, such as Neosporin, at first sign of any blistering and apply as directed.
- Wash treatment area gently and do not use glycolic acid or Retin-A products for 2-3 days following treatment.
- Do not take hot baths, use a sauna or hot tub, or expose the treated area to excess heat for 3 days post treatment.
- If a superficial crust or scabbing occurs, do not rub, scratch, or remove the scab. Cleanse the area gently and pat dry.

#### **Laser Hair Removal Post-Care**

- Immediately after treatment, there should be erythema (redness) and edema (swelling) of each hair follicle in the treatment area, which may last up to 2 hours or longer. The erythema may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after treatment. You may apply cool compresses to the area for 15 minutes each hour for 4-5 hours. Ice water compresses, aloe gel or hydrocortisone cream can be used to ease irritation after treatment.
- Avoid sun/UV exposure and wear sunscreen SPF 30 or higher.

- Do not irritate treated area chemically or mechanically. Avoid picking or scratching the treated skin. Treated areas can be shaved but NOT waxed or tweezed.
- Anywhere from 5-14 days after the treatment, shedding of the treated hair may occur and this appears as new hair growth. This is NOT new hair growth. You can clean and remove hair by washing or wiping the area with a wet cloth.
- Avoid hot showers, saunas, pools, hot tubs, steam rooms, and exercise for 24-48 hours after treatment.
- Makeup may be used immediately after the treatment as long as the skin is not irritated.
- Call for an appointment at the first sign of return hair growth. This may occur within 4-6 weeks for the upper body and possibly as long as 2-3 months for the lower body. Hair regrowth occurs at different rates on different areas of the body. New hair growth will not occur for at least 3 weeks after treatment.

#### BBL (BroadBand Light) Post-Care

- You may experience some redness in the treatment area that should resolve within a few hours.
- You may notice darkening of your pigmented spots, followed by fading and flaking off at a later stage.
- In most cases, there is virtually no downtime. In most cases, it is safe to apply makeup and return to normal activities immediately. Sunscreen 30 SPF or higher is strongly encouraged after this treatment.

#### HALO Post-Care

- Cleanse the skin AM/PM with a gentle cleanser (no active ingredients) starting the morning after your treatment. Only use your hands to cleanse skin. Do not scrub or use an exfoliant.
- A gentle moisturizer (no active ingredients) should be applied generously over the treated area and reapplied as needed. Start moisturizing the morning after your treatment.
- Sunscreen MUST be applied and should be used daily beginning the day of treatment and used consistently for up to 3 months after the treatment. Use sunscreen with UVA and UVB protection and a DPS of 30 or higher. Reapply during sun exposure. Wearing a wide-brimmed hat while in the sun is highly recommended.
- Makeup can typically be worn once any peeling is complete.
- When showering, avoid getting shampoo directly on the treated area until skin is healed.
- Avoid strenuous exercise and sweating until skin is healed.

#### Microlaser Peel and CO2 Post-Care

- Intense burning, redness, warmth, and a sunburned sensation are normal responses following treatment. The discomfort and redness generally last 2-8 hours after the procedure. Apply cool compresses or follow the directions for vinegar soaks to help relieve discomfort. Tylenol can be taken for discomfort.
- Aquaphor should be applied 2-4 times per day (or any time skin become dry). It is important to maintain a thin barrier at all times during the first 3 days after treatment.
- Your skin may feel tight and itchy and may begin peeling 2-3 days after treatment. DO NOT PICK OR SCRUB YOUR SKIN. Let the peeling and flaking occur naturally over the course of 7-10 days.

- Short, cool to warm showers are recommended for the first 3 days. Use a mild cleanser like Stone Crop or Cetaphil on the treated skin, then reapply Aquaphor.
- Exercise, saunas, and hot tubs should be avoided for 3 days following treatment.
- Makeup can be used on the 3rd days after the procedure. Caution should be used when applying and removing makeup- no scrubbing.
- Some clients will wake up with mild swelling, particularly around the eyes for several days following the procedure. This is normal and usually resolves within 3-5 days. Sleeping with your head elevated may reduce swelling.
- No prolonged sun exposure for 4 weeks following treatment. A total sunblock containing Zinc Oxide or Titanium Dioxide should be applied daily if you are in the sun. If further treatments are needed, a commitment to stay out of the sun is necessary. Sun exposure may cause certain complications such as permanent skin discoloration.
- Please contact the Medical Assistant immediately if you develop a cold sore. For client with a history of cold sores, you should be taking an antiviral medication for 5 days after treatment. You may contact Emerge if you need a prescription.

#### CO2RE Intima (Vaginal Rejuvenation) Post-Care

- You may experience redness and stinging similar to a sunburn. Your color may be blotchy and you could be puffy or swollen. Applying ice as needed for the first 24 hours will help with discomfort. Tylenol may be taken in addition to cold compresses. You may also spritz using Dermoplast Pain Relieving Spray (can be found at most pharmacies) prior to applying Aquaphor. Aquaphor should be applied until the healing process is complete. Do not allow treated area to become dry.
- Avoid sexual intercourse or anything placed in the vagina for 7 days. Avoid tampon use, baths, hot tubs, and swimming until healing is complete.

### **Filler**

#### **Pre-Care**

- Please arrive 10 minutes before your appointment time with a clean face.
- You may be bruised and swollen for up to 2 weeks following your appointment. Please plan accordingly so your healing doesn't interfere with a big event.
- For your safety, we prefer that you not have any dental work (including cleanings) or vaccines 2 weeks before and after your treatment. Please inform Emerge if we need to adjust your appointment date.
- Limit your alcohol, smoking, ibuprofen, and aspirin 5-7 days prior to treatment to avoid excess bruising. Tylenol may be taken if needed.
- Stop the following 7-10 days prior to treatment: Vit. E, fish oil, ginkgo biloba, Glucosamine, green tea, garlic, turmeric, and St. John's Wart. These can also contribute to bruising and swelling.
- Arnica Montana taken before and after treatment may help minimize swelling and bruising. It may be purchased at Emerge or any health food store. Arnica topical gel may be applied after treatment. Bromelain in pineapple can also aid in recovery, swelling and bruising.
- If you get ill or need to be on antibiotics in the 2 weeks prior to your appointment, please inform the Medical Assistant.
- Please inform the Medical Assistant if you are pregnant or breastfeeding.

- If you are prone to cold sores and are receiving filler around your mouth or lips, please inform the Medical Assistant so an anti-viral medication can be called in to your pharmacy.

### **Post-Care**

- Temporary bruising, swelling, and redness at the injection sites is considered normal. Cold compresses and Tylenol may be used for any discomfort. Sleeping with your head elevated may help reduce excess swelling. If you experience severe/worsening pain, increased redness or warmth in the treatment area, bruising that continues to get darker (rather than turning green/yellow), or a fever above 100.4F, please contact Emerge immediately.
- Avoid vigorous contact with the treated area for 24 hours.
- Arnica may be safely applied topically and/or taken internally immediately after treatment and as directed. Sunscreen SPF 30 or higher is strongly recommended.

## **Botox**

### **Pre-Care**

- Please limit all NSAIDS (ibuprofen, aspirin) and alcohol consumption 5- days prior to appointment.
- Stop the following 5-7 days prior to appointment: Vit. E, fish oil, ginkgo biloba, Glucosamine, green tea, garlic, and St. John's Wart.
- If you are on antibiotics or have an active infection in the 2 weeks before your appointment, please inform the Medical Assistant.
- If you are pregnant or breastfeeding, please inform the Medical Assistant.
- For your safety, we prefer that you not have any dental work or vaccines 2 weeks before and after your treatment.

### **Post-Care**

- Keep your head above your heart (no laying down or bending over for prolonged periods) for 5-6 hours after your injections.
- Refrain from massaging and vigorously rubbing treatment area.
- No strenuous exercise, prolonged sun exposure, or excessive alcohol intake in the first 24 hours after your injections.
- Refrain from wearing tight fitting hats 4-6 hours after your injections.

## **Sclerotherapy**

### **Pre-Care**

- **You will need to bring compression socks with you to wear after your appointment. The socks need to be higher than the area being treated.**
- Please avoid NSAIDS (ibuprofen, aspirin) and alcohol one week prior to treatment. If you are on routine, prescription blood thinners, please inform the Medical Assistant.

- No tanning or use of self-tanner for 4 weeks prior to treatment.
- Please come to your appointment with clean legs: no lotion.
- No sun exposure to legs 2 weeks post treatment.

### **Post-Care**

- No sun exposure to legs 2 weeks post treatment.
- Compression socks should be worn for 2 weeks following treatment, ideally during the day and night.

## **Kybella**

### **Pre-Care**

- Please arrive 5-10 minutes before your appointment time with a clean face.
- Please plan your treatment at least 2 weeks before big events to allow for swelling and healing process.
- Please inform the Medical Assistant of difficulty swallowing, medication allergies, history of anaphylaxis, recent surgery to the treatment area, or if you are pregnant/breastfeeding.
- Please avoid NSAIDS (ibuprofen, aspirin), alcohol, and high sodium intake 2 weeks prior to treatment.
- If you are on a routine, prescription blood thinner, please inform the Medical Assistant.

### **Post-Care**

- Cold compresses may be applied to treatment area during the first 12 hours, 15 minutes per hour.
- Do not massage the treatment area.
- Tylenol may be taken for any discomfort.
- Notify Emerge of any significant swelling, bleeding, increasing pain, dusky discoloration, difficulty swallowing or smiling, or a fever above 100.4F.

## **Plasma Pen**

### **Pre-Care**

- Please arrive with a clean face, no makeup.
- No Botox, Dysport, Filler, laser treatments, or peels 4 weeks prior to and after your treatment.
- It is very important that you apply SPF 50 (re-applying every 2-3 hours) 2-4 weeks prior to your treatment. Do your best to avoid excessive sun exposure. You may wish to bring a hat to wear after your treatment.
- No use of self-tanner products 2 weeks prior to your treatment.
- Stop using skin care containing any acid, Retin-A, retinol, topical Vit. C. 4 days prior to treatment.
- Stop all use of LED light the day of your treatment. You may safely resume use of LED light on the 4th day post treatment.

- Start taking 2,000mg of Vit. C orally for 2 weeks prior to your treatment. You will need to continue taking this for 12 weeks post treatment.
- Avoid alcohol, smoking, ibuprofen, aspirin, glucosamine, turmeric, St. John's Wart, green tea, garlic, fish oil, and Vit. E 3-5 days prior to treatment as these can all thin your blood, which will contribute to excessive swelling. If you are on a prescription blood thinner (anticoagulant), please inform the Medical Assistant or your provider. Should the need arise, you may safely take Tylenol before treatment for pain and discomfort.
- If you have a history of cold sores or have tested positive for Herpes Simplex Virus in the past, please inform the Medical Assistant for an anti-viral medication as a preventative measure. Please follow the directions on your prescription.
- Please inform the Medical Assistant if you have a naturally dark skin tone so that we can adjust your instructions to provide you with optimal results.
- Male clients will need to shave the treatment area the morning of your appointment. Please use a quadruple blade.
- Please arrive at your appointment well hydrated. It is also recommended that you eat 30 min - 1 hour before your appointment.
- If you wear contact lenses, please do not wear them to your appointment. You will need to wear glasses to your appointment and for 72 hours following your treatment.

### **Post-Care**

- Do not pick, scratch, or exfoliate the skin until carbon crusts have completely fallen off naturally.
- You may cleanse with a smooth, soft, lint-free cloth and lukewarm water- patting dry.
- Sleep with head elevated 45 degrees for the first 3-4 days. A travel neck pillow is helpful.
- Avoid exercise and/or getting sweaty as this can cause carbon crusts to fall off prematurely.
- Growth factors are acceptable to use after carbon crusts have fallen off completely.
- At week 2-3 skin may look worse while the skin recoils after inflammation. This is considered a normal response.
- Exposure to the sun will disturb collagen renewal. A wide-brimmed hat is highly suggested if you will be outside.
- Continue Vitamin C 2000mg/day for 12 weeks.
- Avoid saunas and sunbeds for 12 weeks during the healing period.
- Avoid all other med-aesthetic or surgical treatments in the same area for at least 12 weeks. No chemical peels or Diamond Glow for 6 weeks.
- Only use the post care products given to you after your treatment until the carbon crusts have fallen off
  - Advanced Healing Repair Lotion: 3-4 times/day fr 24-48 hours
  - Tinted After Care Balm SPF 50: may be used immediately after treatment, but do not wash until all carbon crusts have fallen off
  - Colloidal Silver and Aloe: 3 times/day until carbon crusts have fallen off

### **Enlighten/RevePeel/ReveFresh**

***\*Requires a consultation prior to scheduling the treatment\****

- It is highly recommended that you have been using hydroquinone and retinol for at least 2 weeks prior to your treatment. Pre-treatment assessment and instructions will be finalized during your consultation.
- Clients with moderate to severe photodamage and clients with oily or resilient skin may require microneedling 4 weeks prior to your treatment to ensure expected results. This will be discussed with you during your consultation.
- If you are pregnant or breastfeeding, please contact the Medical Assistant prior to your consultation.
- Use of Accutane must be discontinued at least 180 days prior to your treatment.
- If you are currently or have recently been receiving chemotherapy or radiation treatments, please contact the Medical Assistant prior to your consultation.
- If you have a history of cold sores, warts, or herpes simplex, please contact the Medical Assistant prior to your treatment for an anti-viral prescription. You will need to be pre-treated with medication.
- If you have open wounds, sunburn, skin infections, dermatitis, inflammatory rosacea, or extremely sensitive skin, please contact the Medical Assistant prior to treatment.
- All treatments including Botox, fillers, lasers, chemical peels, and waxing must be stopped at least 4 weeks prior to treatment.
- Use of skincare containing Retinol, AHA, BHA must be stopped at least 7 days prior to treatment.
- No prolonged sun exposure or sunny vacations 4 weeks prior to or after treatment. Daily use of SPF 40 or higher, no tanning beds or self-tanners 4 weeks prior to treatment.

### **Profound**

- If you have a pacemaker or internal defibrillator, you may not be a good candidate for this procedure. Please inform the Medical Assistant if you have either of these devices.
- If you have an active skin infection, Psoriasis, eczema, history of cold sores, or rash in the area to be treated, please inform the Medical Assistant.
- If you have a history of collagen vascular disease, keloid scarring, hypertrophic scarring, or abnormal wound healing, please inform the Medical Assistant.
- If you have a history of blood clotting disorders or are on blood thinners, please inform the Medical Assistant.
- No facial laser resurfacing, deep chemical peels, or surgery to treatment area within 3 months of this treatment.
- If you are taking Accutane, you must be off it at least 12 months before having this treatment.
- Avoid alcohol, smoking, ibuprofen, aspirin, glucosamine, turmeric, St. John's Wart, green tea, garlic, fish oil, and Vit. E 3-5 days prior to treatment as these can all thin your blood, which will contribute to excessive swelling. Tylenol may be taken if the need arises.
- Arnica may be taken orally as well as topically to help reduce bruising and swelling. Cold compresses may be used as well. Eating fresh pineapple may be helpful as it contains an enzyme that reduces swelling and bruising.



## **Illuminize Peel**

### **Pre-Care Instructions**

*Following these pre-care instructions will help you achieve the best results and limit the chance of unwanted sensitivity or reaction.*

*If you have done any of the following when you come in for your appointment, you will be asked to reschedule.*

#### **7 days before:**

No waxing, electrolysis, depilatory creams, or laser hair removal. If you have very sensitive or dry skin, stop your stronger exfoliating acids now.

#### **3 - 5 days before:**

- No vitamin A products like retin-a, retinol, differin, tazorac, renova
- No alpha hydroxy acids (like glycolic acid) beta hydroxy acids (salicylic acid) or benzoyl peroxide

#### **Caution**

- Cosmetic Injections: please wait until you have reached the full effect of your cosmetic injections before booking a peel
- Recent Cosmetic/medical treatments or procedures: please wait until sensitivity has subsided to receive a peel
- This peel is meant for Fitzpatrick Skin Types I-VI, if you are unsure if this is you, book a consult

#### **Contraindications**

*Please book a consult for an alternative treatment or reschedule if any of the following apply to you:*

- Active cold sores in the area to be treated
- Wounded, sensitive or sunburned skin
- Inflammatory rosacea or dermatitis
- Use of accutane in the past 1-2 years
- Recent chemotherapy- get approval from oncologist
- History of allergies or rashes (especially salicylates like aspirin)
- Pregnant, breastfeeding, planning to become pregnant
- Autoimmune disease: vitiligo, rheumatoid arthritis, psoriasis, lupus, multiple sclerosis, and any other that weakens the immune system

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### **Post-Peel Instructions**

*By following these instructions you are supporting your investment you made by getting the peel done. If you do not already have mineral sunscreen, you will need to get one before you leave the spa.*

First 24hrs after peel:

- Skin may be pink and slightly itchy immediately after application for 1-2 hours
- Mild swelling can last up to an hour
- Don't wash your skin til the end of the day
- Avoid working out, sweating or raising your body temperature (saunas, sun bathing)

**After-Care Skin Routine**

*(continue for 3-4 days after treatment)*

- Cleanse: Gentle cleanse 2x/day with **SkinMedica's Facial Cleanser** or another soap/active-free cleanser
- Moisturize: Relieve dryness with **SkinMedica's TNS Ceramide Treatment Cream** or another moisturizer recommended by your aesthetician
- **Sun Protection: SkinMedica's Essential Defense Mineral Shield Sunscreen for Post-Procedure and Sensitive Skin** comes in a SPF 35 or a tinted version in SPF 32. This is crucial to protecting the exfoliation your skin is going through from the peel. Not wearing sunscreen can cause damage and make your skin worse. Very important!

Next day - 4 days after peel

- Skin should look normal (but better!)
- Some people may experience mild peeling that starts a few days after application. Do not exfoliate the dry skin away
- Avoid direct sunlight, you are at an increased risk of sunburn
- \*Please call Emerge should you have any questions about how your skin is responding

4 - 5 days after peel

- You can resume your normal skin care routine (Retin-A, retinols, AHA and BHA products)
- Wait until skin sensitivity has resolved before any other facial treatments (laser, microdermabrasion, injections, hair removal)

2 weeks later

You can book another Illuminize Peel every 2 weeks!

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**Vitalize and Rejuvenize Peel**

**Pre-Care Instructions**

*Following the pre-care instructions will help you achieve the best results and limit the chance of unwanted sensitivity or reaction.*

*If you have done any of the following when you come in for your appointment, you will be asked to reschedule.*

7 days before:

No waxing, electrolysis, depilatory creams, or laser hair removal. If you have very sensitive, dry skin or this is your first time receiving this peel, stop your stronger exfoliating acids now.

3 - 5 days before:

- No vitamin A products like retin-a, retinol, differin, tazorac, renova
- No alpha hydroxy acids (like glycolic acid) beta hydroxy acids (salicylic acid) or benzoyl peroxide

Caution

- Cosmetic Injections: please wait until you have reached the full effect of your cosmetic injections before booking a peel
- Recent Cosmetic/medical treatments or procedures: please wait until sensitivity has subsided to receive a peel
- We will not dermaplane at this appointment, it would be too exfoliating. Plan ahead if you are needing both done.
- If you are new to peels you may be suggested to receive the Illuminize Peel first
- Fitzpatrick skin types V-VI should have approval from aesthetician before booking these peels

Contraindications

*Please book a consult for an alternative treatment or reschedule if any of the following apply to you:*

- Active cold sores in the area to be treated
- Wounded, sensitive or sunburned skin
- Inflammatory rosacea or dermatitis
- Use of accutane in the past 1-2 years
- Recent chemotherapy- get approval from oncologist
- History of allergies or rashes (especially salicylates like aspirin)
- Pregnant, breastfeeding, planning to become pregnant
- Autoimmune disease: vitiligo, rheumatoid arthritis, psoriasis, lupus, multiple sclerosis, and any other that weakens the immune system

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**Post-Peel Instructions**

*By following these instructions you are supporting your investment you made by getting the peel done. If you do not already have mineral sunscreen, you will need to get one before you leave the spa.*

First 24hrs after peel:

- The peel self-neutralizes, so you will leave with it on
- Skin may feel tight and be slightly red
- The skin might feel tacky and have a yellow tint to it, this is normal
- Don't wash your skin til the end of the day
- Avoid working out, sweating or raising your body temperature (saunas, sun bathing) until your skin has completed the peeling process

### **After-Care Skin Routine**

*(continue until peeling has finished)*

- Cleanse: Gentle cleanse 2x/day with **SkinMedica's Facial Cleanser** or another soap/active-free cleanser
- Moisturize: Relieve dryness with **SkinMedica's TNS Ceramide Treatment Cream** or another moisturizer recommended by your aesthetician
- **Sun Protection: SkinMedica's Essential Defense Mineral Shield Sunscreen for Post-Procedure and Sensitive Skin** comes in a SPF 35 or a tinted version in SPF 32. This is crucial to protecting the exfoliation your skin is going through from the peel. Not wearing sunscreen can cause damage and make your skin worse. Very important!

### Next day - 4 days after peel

- Skin should feel normal, maybe a little tight or dry.
- Most people start peeling around their mouth area 48-72 hours after peel application. Some people don't peel at all, some people peel more or for a longer duration. Everyone is unique and it doesn't mean your skin isn't benefiting if you don't experience a lot of peeling. The peeling can last 2-5 days, with the forehead and sides of the face peeling last.
- **Do not pick, scratch, pull or exfoliate the dead dry skin. If you do, you may cause post-inflammatory hyperpigmentation!**
- Avoid direct sunlight, you are at an increased risk of sunburn
- \*Please call Emerge should you have any questions about how your skin is responding or are unclear with the After-Care Skin Routine

### After the peeling process is complete

- You can resume your normal skin care routine (Retin-A, retinols, AHA and BHA products)
- Wait until skin sensitivity has resolved before any other facial treatments (laser, microdermabrasion, injections, hair removal)

### 4 - 6 weeks later

You can book another Rejuvenize peel! Results are cumulative and best results seen after a series of 3 or part of the treatment plan your aesthetician has customized for you.