

# lachele

AESTHETICS & WELLNESS

## Illuminate Peel Post Treatment Instructions

- **The Illuminate Peel will be worn home, and is to be washed off four hours post treatment. After 4 hours,** wash with a gentle cleanser and cool water.
- You must wear a sunscreen containing SPF 30 or higher. We recommend **Elta MD sunscreens** sold in office.
- **Avoid direct sunlight** for 2 weeks.
- **Avoid** scrubbing, exfoliation, using a washcloth, loofah, ultrasonic cleansing brush, etc. when cleansing during the peel process. Avoid sweating for 3-4 days post treatment.
- If peeling/ flaking occurs, **do not pick or peel** the skin.
- Mild to moderate breakouts may appear, but will go away quickly. Do not pick at them.
- Avoid the following cosmetic products until the peeling has subsided: **Retin A, Tretinoin, Benzoyl Peroxide, Glycolic Acid, Salicylic Acid, and Ascorbic Acid (vitamin C).**
- Wait until flaking or peeling completely subsides before having any other facial procedures done. This includes facials, laser treatments, waxing & injectables.
- **Avoid** saunas, hot tubs, hot water on the face, and steam rooms until you are done peeling and skin is fully healed, 7 days or longer.
- Tightness and stinging are normal in the first few days post treatment.

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at [team@lachele.com](mailto:team@lachele.com)