

IMPORTANT PEEL GUIDELINES & REMINDERS

You are about to receive a chemical peel! There are some important reminders you want to be aware of and communicate with your aesthetician. These guidelines will provide you with your optimal peel results.

RHONDA ALLISON CORRECTIVES

- We recommend discontinuing 1-2 nights before your peel unless instructed otherwise by your aesthetician.
- RA Correctives are identified by a green and white label.

PRESCRIPTION-STRENGTH TOPICALS

- We recommend discontinuing topicals 2 weeks before your peel. Examples include Retin-A, Renova, Differin, Tazorac, Hydroquinone, Tretinoin.
- Do not begin using any topicals after your peel for at least 2 weeks. Skin needs to be completely peel and healed. Ask your aesthetician for guidance.

BOTOX INJECTIONS

- If you recently received Botox, we recommend waiting 7 days after the injection before your peel.
- If you are looking to receive Botox after your peel, we recommend waiting until you are totally peeled, healed. Your aesthetician should guide you in this.

DERMAL FILLERS

- If you recently received dermal fillers, wait at least 14 days after the injection before your peel.
- If you are looking to receive dermal fillers after your peel, we recommend waiting until you are totally peeled and healed. Your aesthetician should guide you in this.
- Use Arnica Therapy to help lessen potential bruising.

PERMANENT COSMETICS

- Make sure to discuss this if you are doing prior to a peel with your aesthetician.
- If you currently have permanent cosmetics and you receive a peel, it could lighten the area. So, be sure to communicate with your aesthetician.

- If you are wanting to receive this after the peel, you need to wait until you are completely peeled and healed. A good rule of thumb is at least 2 weeks.

WAXING

- Notify your aesthetician if you have received facial waxing within the last 7 days as this may create lifting or scabbing of the skin.
- Do NOT have a facial wax after peel for at least 2 weeks.

MAKE-UP

- Give your skin an opportunity to breathe and heal for a couple days.
- Make-up can be worn if it is pure, mineral-based and free from skin irritants.
- RA IllumiColour was developed as a healthy, beautiful option for skin in a more vulnerable place.

EXERCISE

- Postpone workouts that generate excessive heat and sweat until after you are totally peeled and healed. Excessive exercise may cause itching, redness, irritation or blisters.
- Sweating and heat can cause PIH – Post Inflammatory Hyperpigmentation.

OUTDOOR ACTIVITIES/VACATIONS

- Notify your aesthetician if you are planning any outdoor activities or vacations that may require air travel. These may create risks for complications such as irritation, redness, dryness or post-inflammatory hyperpigmentation.

CLOTHING/JEWELRY

- Be careful of turtle necks, scarfs and other items that could irritate skin.
- Jewelry can irritate the skin as well – especially necklaces and earrings.
- Be careful of glasses and sunglasses. Sometimes this can cause demarcation on the bridge of the nose especially within the first 24-48 hours. Put a cotton pad or Kleenex under glasses to create a barrier.
- Keep hair pulled back and away from the face.