



trust the experts

your pre and post treatment guide



Preparation for a treatment

- Using PCA Skin daily care products before your peel will prepare your skin, reduce the risk of complications and typically lead to better treatment results.
- If you are lactating, pregnant or may be pregnant, only a select number of PCA Skin treatments are appropriate. Consult your OB/GYN before receiving a treatment.
- Do not go to a tanning bed two weeks before a treatment.
- This practice should be discontinued altogether due to the increased risk of skin cancer and accelerated visible aging.
- It is recommended that extended sun exposure be avoided, especially in the 10 days before your treatment.
- It is recommended to delay use of Retin-A®, Renova®, Differin®, Tazorac®, Avage®, EpiDuo®, Ziana® and high-percentage alpha hydroxy acid (AHA) and beta hydroxy acid (BHA) products for approximately five days before treatment. Consult your physician before temporarily discontinuing the use of any prescription medications.



the reality of having a checmical peel

Post-Treatment Tips

- After receiving a PCA Skin professional treatment, you should not necessarily expect to “peel”, light flaking in a few localized areas for three to five days and residual redness for approximately one to twelve hours post-procedure is typical.
- It is recommended that makeup not be applied post-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 necessary.
- To minimise the potential for effects, use only 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 Silkcoat Balm®, for drier skin types, to moisturise as needed.
- It is recommended to delay use of Retin-A®, Differin®, Renova®, Tazorac®, Avage®, EpiDuo®, or Ziana®, five days post-procedure. Consult your physician before temporarily discontinuing use of any prescription medications.
- Try to avoid direct sun exposure and excessive heat. Use a PCA Skin broad spectrum sunscreen.
- Do not go to a tanning bed for at least two weeks post-procedure. This practice should be discontinued altogether due to the increased risk of skin cancer and accelerated visible aging.
- Do not pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation.
- Do not have electrolysis, facial waxing or use depilatories for approximately five days.

Frequently asked questions

Q: I am nervous about receiving a peel. How do I know a chemical peel is right for me?

A: Your PCA Skin Certified Professional has been trained in the safe and effective application of each of our professional treatment products. This education, in conjunction with their professional license, allows them to not only choose a treatment appropriate for your skin type, but also customize the treatment to address your personal skin care needs.

Q: How much discomfort should be expected during a peel?

A: The level of discomfort experienced depends on the treatment. Most, PCA Skin chemical peels are gentle and create minimal to burning or stinging sensations in the skin. Dramatic, wrinkling, sun damage or acne scars may require a deeper peel, which may cause moderate stinging for a few minutes. Deep peels are not necessary for most skin types and conditions skin types and conditions. PCA Skin's superficial peels produce beautiful and immediate results with minimal discomfort for the majority of patients.

Q Can people who are frequently in the sun receive peels?

A: Yes, but only if they use sunscreen protection every day. Sunbathing should be avoided due to increased risk of skin cancer and visible premature aging, but especially prior to treatment and while the skin is peeling. If you are receiving peel treatments to reduce skin discoloration (hyperpigmentation), it is imperative to use the appropriate PCA Skin brightening products, as well as a broad-spectrum SPF product daily, and avoid unnecessary sun exposure to reduce the chance of further hyperpigmentation.

Q Will a chemical peel make thin skin even thinner?

A: No. Having a PCA Skin chemical peel will remove surface build-up, hydrate the skin and give it a plumper, "thicker" appearance. The use of topical Vitamin C, retinoids and peptide products in a treatment, as well as in a daily care regimen, will help build the collagen and elastin network in the skin, thus making it stronger and more durable.