



MOLLE AESTHETICS

Diamond Glow Pre & Post Care

PRE CARE

- Avoid sun exposure for 1 week prior to treatment and use SPF 30 daily to ensure coverage against UVB and UVA rays.
- Do not use harsh exfoliants for 1 week prior to treatment.
- Discontinue use of Tretinoin type products (Renova, Tretinoin, Retin A, Retin A Micro, Tri-Luma, Solage, etc.) at least 2 or 3 days prior to treatment.
- Discontinue use of Hydroquinone 2 or 3 days prior to treatment.
- If you have a history of cold sores, consider beginning prophylactic treatment with Valtrex or similar no later than the day prior to Diamond Glow..
- Fillers injected up to 2 weeks prior is not recommended.
- Notify the office if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior to your treatment.

POST CARE

- You may resume normal skin care regimen 2 days after treatment. If skin still feels irritated, test spot your skin care products first.
- Discontinue Retin A for 2 days following.
- Avoid unprotected sun exposure and/or tanning beds for at least 2 days post treatment.
- Use sunscreen SPF 30 or higher daily.
- Make-up may be applied post treatment.

Please call our office during normal business if you have ANY questions or concerns.



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Chemical Peel Pre and Post Instructions

For best results, it is advised to avoid sun exposure and the following products & procedures **AT LEAST 1 week PRIOR** your treatment:

- Electrolysis
- Waxing
- Depilatory creams
- Laser hair removal
- Any exfoliating products
- Any products that may be drying or irritating, including products containing salicylic acid, alpha hydroxy acids, vitamin c, hydroquinone, retinoids, and prescription medications.
- Shaving of the area to be treated

POST-Treatment Instructions for post procedure:

- Stay cool! Heating internally can cause hyperpigmentation.
- Do not put treated area directly into a hot shower spray for 2 weeks.
- Do not use hot tubs, steam rooms or saunas for two weeks.
- Do not go swimming for two weeks.
- Do not participate in activities that would cause excessive perspiration for two weeks.
- Do not use loofahs or other means of exfoliation for two weeks.
- Do not direct a hair dryer onto the treated area for two weeks.
- Do not apply ice or ice water to the treated area for two weeks..

General guidelines:

- After receiving a chemical peel, the skin may look and feel like a mild windburn for the next 2 or 3 days. After 48 hours, a slight flaking may occur for 3 to 5 days which can easily be controlled with moisturizers.
- It is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight.
- To minimize side effects and maximize results, use the post procedure solution for 3 to 5 days or until flaking has resolved.
- Moisturizer should be applied at least twice a day but can be applied more frequently for hydration and to decrease the appearance of flaking.
- Avoid direct sun exposure and excessive heat. An SPF of at least 30 must be used daily.
- Do not go to a tanning bed for at least two weeks post procedure. This practice should be discontinued due to increased risk of skin cancer and signs of aging.
- Do not pick or pull on any loosening skin. This could potentially cause hyperpigmentation.

Do not have any other facial treatment for two weeks after your peel. You may resume the regular use of retinoids, alpha-hydroxy acid, beta hydroxy acid, vitamin c or bleaching creams ONLY after peeling process is complete (two weeks later).