

## **WEST HILLS DERMATOLOGY GROUP**

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### **Mini Melanage Peel Pre-Instruction Sheet**

**MELANAGE PEEL/MINIPEEL TREATMENT PURPOSE:** The Mini Melanage Peel treatment is a superficial peel designed to improve the texture and appearance of your skin. To enhance the efficacy the provider may want you to pre-treat the area 4 weeks prior to your Mini Melanage Peel treatment. We have two (2) strengths available 6% & 8%.

**PATIENTS WHO SHOULD NOT BE TREATED:** Patients who have any of the following conditions or underwent or been prescribed any of the following therapies or medications:

- Active cold sores or warts
- Skin with open wounds, sunburn, excessively sensitive skin
- Dry eye conditions, such as keratoconjunctivitis sicca, inflammation of the cornea and conjunctiva of the eyes
- Dermatitis or inflammatory rosacea in the area to be treated
- Autoimmune disease
- A history of herpes simplex
- Keloids or raised scars
- A history of allergies, rashes or other skin reactions
- Cancer
- Human chorionic gonadotropin or human chorionic gonadotrophin (hCG) or any hormone therapy
- Topical Fluorouracil, also known as "5-FU" and sold under such brand names as Efudex, Carac, and Fluroplex
- Chemotherapy, radiation therapy or taken Accutane within the last year
- Pregnant or breastfeeding (lactating women)

**Patients who are one week pre-menstrual or on their menses may experience more sensitivity, redness or flaking and this should be taken into consideration when scheduling your Mini Melanage Peel Treatment.**

**10 (ten) DAYS BEFORE YOUR Mini Melanage Peel Treatment:** Avoid these products and/or procedures:

- Electrolysis
- Waxing
- Sunless tanning, spray tanning or UV free tanning
- Depilatory creams
- Laser Hair Removal
- Patients who have medical cosmetic facial treatments or procedures (e.g..laser therapy, surgical procedures, cosmetic filler, microdermabrasion, etc.) should wait until skin sensitivity completely resolves.
- Patients who have had BOTOX injections should wait until all bruising subsides
- Retin-A® (tretinoin), Renova® (tretinoin), Differin® (adapalene), Tazorac® (tazarotene), Avage® (tazarotene).
- Any products containing Retinol, AHA or BHA, Benzoyl Peroxide or Hydroquinone aka Arbutase Brightening cream
- Any exfoliating products that may be drying or irritating

**Note: the use of these products/treatments prior to your peel may increase skin sensitivity and cause stronger reactions.**

## POST OP INSTRUCTION SHEET

**AFTER YOUR Mini Melanage Peel Treatment:** It is crucial to the health of your skin and success of your peel that these guidelines be followed:

1. Your skin may have a light yellow tinge immediately after removal of the Cream Masque/Mini-Peel Solution. This is temporary and will fade in a few hours.
2. It is imperative that you use a sunscreen with an SPF of at least 30+ and avoid direct sunlight for at least 1 week.
3. Best results will be obtained with regular daily use of a sunscreen.
4. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as their skin may be more sensitive.
5. Your skin may be more red than usual after removal of the Mini-Peel Solution. Please avoid strenuous exercise during this time.
6. Approximately 48 hours after the treatment, your skin will start to peel. This peeling will generally last 2 to 5 days. **DO NOT PICK OR PULL THE SKIN.**
7. When washing your face, do not scrub; do not use a wash cloth. Use the Anti-Redness Foaming Cleanser provided.
8. Apply the Anti-Redness Soothing Balm as directed and as needed to relieve dryness, tightness and itching.
9. Use only the products in your Mini Melanage Peel Treatment kit. Do not use any other skincare products until directed to do so by your provider. We have amazing skin care lines & products for all skin types and skin concerns such as acne prone skin, oily, dry, combination, hyperpigmentation, and anti-aging! Please ask your provider for a skin care analysis.
10. Wait until the peeling is complete before having **ANY OTHER FACIAL PROCEDURES, INCLUDING:**
  - Facials
    - Microdermabrasion
    - Laser Treatments
    - BOTOX Injections
    - Injectable Fillers

**ADVERSE EXPERIENCES THAT MAY OCCUR AFTER YOUR PEEL:** It is common and expected that your skin will be red and possibly itchy and/or irritated. It is also possible that other adverse experiences (side effects) may occur. Although rare, the following adverse experiences have been reported by patients after having a Mini Melanage Peel Treatment: skin breakout or acne, rash, dark spots (hyperpigmentation), light spots (hypopigmentation), swelling, burning and skin wrinkling (skin atrophy).

**CALL THE OFFICE IMMEDIATELY IF YOU HAVE ANY UNEXPECTED PROBLEMS AFTER THE PROCEDURE.**