

**The Michael Horn Center**  
60 E. Delaware Place Floor 15  
Chicago, IL 60611  
312.202.9000  
Doctor.Klara.com

## **Pre & Post Treatment Instructions**

### **Light Chemical Peel or Microdermabrasion Treatment**

#### **Before Treatment**

- Pre-treat the area with **Alastin Retinol** for 1 month, then discontinue 2 weeks prior to treatment
- Refrain from these activities within 5-7 days prior to your treatment:
- Do not have another treatment, unless recommended by your aesthetician. Avoid any irritants to your skin, including retinol, glycolic and salicylic acids, benzyl peroxide, astringents and Vitamin C products.
- Do not wax, tweeze or use depilatory creams.
- Do not tan.
- If you are pregnant or think you are pregnant, consider a peel alternative such as a Microdermabrasion or our Oxygen Peel/Treatment.
- No Botox, collagen or other dermal filler injections for 1-2 weeks prior to a peel.
- Chemical peels cannot typically be applied to skin being treated with prescription drugs, especially Accutane.

#### **After Treatment**

- Day 1: Your skin may feel slightly tight and look glowing. Refrain from wearing make-up unless your practitioner has applied an appropriate mineral make-up for you.
- Day 2: Skin may feel dry.
- Day 3: Skin may or may not start flaking. Continue your post-skincare regimen.
- Day 4: You should be able to begin using the products your aesthetician has recommended for your skin. You will cleanse and apply serums and moisturizers twice daily.

## **Warning**

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater

Below we have outlined our recommended Post Treatment Skin Care Regimen. This regimen aides in a faster, more successful recovery experience. The products in bold may be purchased at our practice, or substituted with OTC products recommended below

## **Post Treatment Skin Care Regimen**

### AM Routine

1. Wash face with either **Jan Marini Gentle Cleanser**; or Cetaphil or Cerave Gentle Cleanser.
2. Apply **Jan Marini SPF**, or other post procedure SPF.
3. Apply either **Alastin Soothe and Recover Balm**, or Aquaphor to create barrier.

### PM Routine

1. Wash face with either **Jan Marini Gentle Cleanser**; or Cetaphil or Cerave Gentle Cleanser.
2. Apply either **Alastin Soothe and Recover Balm**, or Aquaphor to create barrier.

For any questions or concerns, please contact us by phone, or by our online patient platform Klara. If you need to provide additional information such as photos, you may use the attachment button (small paperclip) in the bottom right corner of your app. This will take you directly to your photo gallery of your device.