

Tier 2 Post Care Consent Form

Please follow the post-care instructions listed here. If you have any concerns or questions, please contact DuVall's School of Cosmetology.

The night after:

- Do nothing to your skin following your treatment. No need to wash your face just yet.
- Avoid sun and heat.

Do NOT engage in any strenuous activity. If you experience any discomfort, an over-the-counter pain reliever such as Tylenol or Advil is recommended. Please contact us if you have any signs of irritation. This is no cause for alarm, but we want to be made aware so that we can assist you in what you should do. Swelling is a normal part of the process. A cool compress in the first 24 hours will be helpful. In case of extreme swelling, we advise an over-the-counter Benadryl or antihistamine.

Day two:

- The skin will feel tight and may appear redder or brown. This is the dead skin that will slough off.
- Avoid sun and heat.
- Avoid any strenuous activities. Apply Pro Salve to any areas that the tightness feels uncomfortable or like it might crack
- Wear physical sunscreen. The active ingredients should only be Zinc Oxide or Titanium Dioxide or a combination of both.
- You may cleanse your skin with a gentle cleanser. No exfoliation.

Days three-seven:

Exfoliation may occur. You may or may not have skin peeling off. In the event that you do, do not pick or peel at the skin. If you must, you can trim the dead skin with a disinfected pair of nail scissors. The amount of skin that peels or does not peel is not a reflection of the effectiveness of the peel.

- Use Growth Factor Serum as soon as exfoliation begins. Apply the serum to the fresh new skin, and continue to do so daily for the next two weeks.
- Avoid sun and heat.
- Do NOT engage in any strenuous activity.
- Wear physical sunscreen. The active ingredients should only be Zinc Oxide or Titanium Dioxide or a combination of both.
- You may cleanse your skin with a gentle cleanser. No exfoliation.

Day Seven:

- You will need to come in for your post-peel follow-up facial.
- You may begin your regular skincare routine (cleansing, toning, moisturizing, and sunscreen).
- Do not use exfoliation, AHAS (Lactic Acid, Glycolic Acid, etc), Retin A, Renovea, for at least one more



week.

Caution: DO NOT pick or prematurely peel the skin. This can cause irritation and potential scarring. You must wear physical sunscreen daily.

Your signature acknowledges that you understand these post-care instructions and that you agree to follow them. This also acknowledges that you will call Duvall's School of Cosmetology with any concerns or questions.

Date

X _____

Signature Certificate

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