



The following instructions will help you achieve the best results from your **Prodigy Peel®** treatment. Please take a moment to review this information prior to your treatment. If you have a history of facial cold sores, then an antiviral should be taken 1-2 days prior to the peel and continued for (7) seven days after the peel is given.

48 hours before receiving treatment, avoid:

- Neurotoxin treatment (i.e., Botox®, Dysport®, Xeomin®, etc.)

1 week before receiving treatment avoid:

- Electrolysis or Laser Hair Removal
- Waxing or Depilatory creams
- No skin products prepared in a 100 ethyl alcohol.
- Exfoliating products or facial treatments that been irritating including dermaplaning and microdermabrasion.
- Retinoid

1 Month before receiving treatment avoid:

- Chemical Peels
- Microneedling
- Non-ablative resurfacing treatments.

6 Months before receiving treatment avoid:

- Facial surgery

1 Year before receiving treatment avoid:

- Accutane®
- Chemotherapy or radiation therapy

Immediately after receiving treatment:

- Mild to moderate redness, swelling, irritation, itching, tightness and possible inflammation.
- Do not scratch, pick or peel the skin.
- Sun exposure should be avoided.
- Follow instructions from the provider as to when you may wash your face.
- **Suggested AM Regimen:**
 - Extreme Protect SPF 30 or Eclipse SPF 50+
- **Suggested PM Regimen:**
 - Cleaning Complex
 - Sheald Recovery Balm

2-6 days after receiving treatment:

- Peeling begins and increases through this period so do not scratch, pick or peel the skin. It will fall off on its own.
- Redness under the peeling may be visible.
- Sunburn like redness, irritation, itching and tightness can continue during this period.
- Sun exposure should be avoided and Extreme Protect SPF 30 or Eclipse SPF 50+
- Should be applied throughout the daytime.
- **Suggested AM Regimen:**
 - Cleansing Complex
 - Sheald Recovery Balm
 - Extreme Protect SPF 30 or Eclipse SPF 50+
- **Suggested PM Regimen:**
 - Cleaning Complex
 - Sheald Recovery Balm

We look forward to seeing you at your upcoming appointment!

We want you to be completely happy with your visit to Eterna!
Call the office with any questions or concerns 253.268.3400 or after hours 253.466.5011.

**If you are pleased with the service you received today, we invite you to post a review on
Yelp or Google.**