



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!

The Eterna Team