**Enlighten MD Peel**

**\*Requires a consultation prior to scheduling the treatment\***

**Pre-Care**

● 5-6 Months Prior to Appointment: ○ STOP the use of Accutane.

● 4 Weeks Prior to Appointment:

* + Use Hydroquinone and Retinol leading up to a week before the appointment.
  + NO Botox, Fillers, Lasers, Chemical Peels or waxing within 4 weeks of the

appointment.

* + NO prolonged sun exposure, tanning beds or self-tanners.
  + Daily use of SPF 40 or higher.
  + Clients with moderate to severe photodamage, oily or resilient skin may need

microneedling 4 weeks prior to treatment to ensure optimal results.

● 7 Days Prior to Appointment:

* + STOP use of skincare containing Retinol, AHA, and BHA.

● 3-5 Days Prior to Appointment:

* + Avoid alcohol, smoking, ibuprofen, aspirin, Glucosamine, turmeric, St. John’s Wort, green tea, garlic, and Vitamin E.
  + Tylenol can be taken as needed.

**Please Inform Us if:**

* + Have open wounds, sunburn, skin infections, dermatitis, inflammatory rosacea, or extremely sensitive skin.
  + Have a history of cold sores, warts, or Herpes Simplex and need an antiviral prescription as a preventative measure.
  + Pregnant or breastfeeding.
  + Have a pacemaker or internal defibrillator.
  + Have a history of blood clotting disorders or are on blood thinners.
  + Have a history of collagen vascular disease, keloid scarring, hypertrophic scarring, or abnormal wound healing.