



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.