



## VITA A PEEL INFORMATION

You require a skin consult with our cosmetic team to advise you of the appropriate treatment plan for you skin needs.

### Vita A Peel (tretinoin 1% in tinted base)

The Vita A peel uses medical strength retinoic acid to activate cell turnover (This is a prescription treatment only available through Dermatologists or cosmetic medical clinics).

### What are Vita A peels used for?

Aging concerns and pigmentation to exfoliate thickened sun damaged cells giving the skin a healthy glow, reducing pore size and leaving the skin softer and smoother. Acne prone skin to refine pore and clear blockages, exfoliate congested skin and leaving the skin clean and clear.

Often the Vita A peel will be used in combination with other peels such as Salicylic acid, and Lactic acid to achieve optimum results.

### Preparing for Vita A Peels

To achieve maximum results the recommended home care routine must be followed. Such as ReTrieve® cream for 1 month or Salicylic Acid for 2 weeks before starting peels treatment.

### The Vita A Peel Procedure

- Cleanse with a gentle cleanser
- Exfoliate with gentle gommage
- Remove all lipids with alcohol swab
- Apply Vita A peel and blend in leave on (in tint base)
- Patient to wash off in 5hrs using gentle cleanser and hydrating moisturiser
- Patient to stay out of sun light and use SPF 50+ sun protection

### After care

- Active ingredients (both prescription and non-prescription) should NOT be used on the skin for 48 hours prior and post treatment.
- Skin may peel on day 3-4 after peel
- Use only gentle products for the first 5-7 days after peel

Please note that not every patient will peel. This is not an indication that treatment was unsuccessful.

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