

today



At _____, wash the treated area using **glowMD Gentle Foamy Cleanser**.
Gently pat skin dry and apply **glowMD Intensive Soothing Complex**.



At bedtime, wash again the treated area using **glowMD Gentle Foamy Cleanser**.
Gently pat skin dry and wipe treated area with one **glowMD Post-Peel Pad**.

tomorrow and next day



In the morning, wash the treated area using **glowMD Gentle Foamy Cleanser**.
Gently pat skin dry and apply **glowMD Intensive Soothing Complex**.
Follow up with an application of **glowMD Just My Shade** sunscreen.



At bedtime, wash the treated area using **glowMD Gentle Foamy Cleanser**.
Gently pat skin dry and wipe treated area with one **glowMD Post-Peel Pad**.

things to remember

Do not vigorously rub the skin or pick at the flaking skin.

Sun protection is critical. You should not have any sun exposure without applying **glowMD Just My Shade**. This includes just driving to work. No tanning beds.

Wait 7-10 days before any laser treatments, waxing, use of depilatories, or microdermabrasion.

Wait 7 days before the use of Retin-A (tretinoin), Renova, Differin, Tazorac, or other exfoliating agents.

No swimming or sauna use for at least 7 days after each peel.

If you were instructed to take an antiviral medication, please complete the prescribed course.

The procedure can cause swelling, redness, crusting, dryness, skin sensitivity, itching, and obvious peeling of the site, which could last for 1-2 weeks.

In the days after the peel, the skin may feel and look tight. Preexisting lesions may darken and appear grayish to brown. These are expected reactions.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. A physician can always be reached after-hours through the answering service. We are happy to speak with you anytime.

GLOWMD BY MANHATTAN DERMATOLOGY
Ashley Magovern, MD · Board-Certified Dermatologist

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cut and tape instructions below to bathroom mirror

glowMD peel POST-CHEMICAL PEEL INSTRUCTIONS

glowMD
BY MANHATTAN DERMATOLOGY

today



AT... _____ AM
PM

WASH SKIN WITH:
gentle foaming cleanser

APPLY TO SKIN:
intensive soothing complex



AT BEDTIME...

WASH SKIN WITH:
gentle foaming cleanser

WIPE SKIN WITH:
one post-peel pad

tomorrow and next day



IN THE MORNING...

WASH SKIN WITH:
gentle foaming cleanser

APPLY TO SKIN:
intensive soothing complex
just my shade



AT BEDTIME...

WASH SKIN WITH:
gentle foaming cleanser

WIPE SKIN WITH:
one post-peel pad