

SKIN SCRIPTS RESKIN PEEL

READ PRODUCT INFORMATION & INSTRUCTIONS BEFORE USING THIS PEEL. BY PURCHASING, YOU ARE ACCEPTING ALL RESPONSIBILITY FOR USE OF THIS PRODUCT AND AGREE TO HOLD SELLER HARMLESS FOR ANY EFFECTS WHICH MAY RESULT OF PROPER OR IMPROPER USE.

What is ReSkin peel ?

ReSkin Peel contains trichloroacetic acid, arbutin and azelaic acid, at the low concentrations TCA will resurface and rejuvenate and repair TCA peels are not to be taken lightly! Doing them at home by yourself can be dangerous if you don't follow the proper instructions. If you've never gotten a TCA peel done before, it's best to get them done the first time by a professional instead of using an at-home kit. Getting the first few TCA peels done by a professional will teach you what to expect from the peel. After you get a few done and know how to care for your skin and apply the peel correctly, then it's safer for you to give yourself a TCA peel at home.

Arbutin and Azelaic acid improve skin discoloration, reduce fine lines, and even out skin texture. The combination also cause your skin to physically peel. There is no downtime needed with these low concentrations.

How does a TCA peel benefit me?

TCA peels are medium depth peels. Though their concentrations might not be as high as other chemical peels, TCA peels are considered much deeper peels than lactic acid and glycolic acid. TCA peels brighten and even out your skin tone by reducing the appearance of hyper pigmentation (dark spots, acne marks, sun spots, freckles) and skin discoloration. They revitalize dull-looking skin, helping skin look soft and smooth. Because of their deep exfoliating effects, TCA peels can clean out congested pores to refine the surface of your skin. TCA peels are also great for erasing fine lines and treating sun damage.

TCA peels can be used on the face, neck, or back of the hands. They can also be used all over the face or just as a spot peel. One TCA peel will give better results than one glycolic acid peel, but more than one TCA peel is still necessary for the best results. Results generally last around 6 months, but they can last even longer when supplemented with glycolic or lactic acid peels every two weeks.

How does a TCA Peel work for me?

What can I expect during the treatment?

Before the TCA peel solution is put on your skin, your skin must be cleansed and primed. After the swab solution dries, petroleum jelly will be applied around your eye sockets, nostrils, and lips to protect these more sensitive areas of your face. TCA solution must be applied to your skin with circular movements make sure to have an even layer, use clean fingers to even out areas where there is more peel. During the peel, your skin will tingle, feel prickly, and turn hot. It almost feels like someone is rubbing a chilli pepper. TCA peels don't hurt so much, but they are uncomfortable. If the acid burns to the point where you can't stand it anymore, the TCA peel should be neutralized immediately with a layer of Skin Scripts Skin Protect (SPF30). You can also use a fan to help cool your skin and ease the burning sensation. For some people, "frosting" actually occurs. This is where parts of your skin turn white during the peel and usually only happens with strong TCA peels (15% or higher). Frosting during a chemical peel may look scary, but places where you frost are the places where your skin will brown and will peel the most. The higher the Level the higher the concentration, the deeper the solution will penetrate into the skin and can cause more damage to tissue

How much downtime should I expect?

Because These TCA peels have very low concentrations, there is very little downtime associated with the peel. Your skin may be pink, dry, and flaky in some places, but overall, the side effects from these TCA peels are easily covered up with makeup. Your skin will probably peel and heal in 2-3 days, so you probably won't have to schedule time off work or clear your calendar.

Side Effects and Precautions of TCA Peels

When you're getting a TCA peel, the main side effects you have to worry about include:

- Burning your skin
- Persistent facial redness (erythema)
- Skin pigmentation changes
- Scarring or infection
- Post-peel breakouts
- Sun sensitivity

These side effects sound scary, but they are generally avoidable if you properly care for your skin before and after a TCA peel. To what degree the above side effects will affect you also depends on your skin type and the strength of the peel.

Using too strong of a TCA solution and leaving it on your skin for too long contributes to skin damage and persistent redness. Therefore, it's always good to start slow and build your way up. Never use a strong TCA peel *before* you have acclimated your skin to weaker ones. peel the skin while it is exfoliating.

Who should *not* get TCA peels?

Unfortunately, TCA peels do not work for everyone. If you fall into the below categories, do not get a TCA peel done:

- If you are using Roaccutane (Accutane) or have used it in the last 24 months
- If you are pregnant or lactating
- If your skin is prone to keloids (or raised scars)
- If you have dark skin
- If you have herpes simplex and/or are prone to cold sores
- If you are undergoing chemotherapy or radiation treatments
- If you are HIV positive or have AIDS

- If your skin is suitable for TCA peels, keep the following points in mind before getting a peel done:
- If you are using prescription skin care products, stop using them three days before the peel and 14 days after the peel.
- Don't pick at any skin that is peeling. You will cause your skin in that area to scar and heal improperly.
- Avoid the sun like crazy! The TCA peel will make your skin more sensitive to the sun. If you do get unnecessary sun exposure, parts of your skin could permanently brown.
- While you are peeling, don't use any scrubs, medicated cleansers, or treatment products. Only use a good, plain moisturizer and/or antibiotic cream.
- Even if you are breaking out from the peel, don't apply any spot treatments because you could burn or permanently damage your skin (which is why you shouldn't get TCA peels when you have active acne).
- Exercising post-peel is okay but don't go swimming. Chlorine in swimming pools and salt in ocean water can irritate your skin even more.
- You don't have to increase the TCA peel percentage for each subsequent peel. If you are doing fine at a certain strength, it's perfectly okay to continue using the same concentration.
- If your skin starts getting used to the peel, you don't have to buy a stronger peel solution. Instead, you can start applying the TCA peel in layers. To do a layered TCA peel, apply the layers in 5 minute intervals before neutralizing.
- TCA peels can do wonderful things for your skin, but make sure your skin is suitable for such an intensive treatment in the first place. TCA peels work best on non-irritated and non-broken out skin. Before you get the peel, make sure you know all of the potential side effects and are prepared for the required downtime. That way you can safely and effectively peel your skin for extra youth and vitality.

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SKIN SCRIPTS RESKIN PEEL

PLEASE READ THE FOLLOWING INSTRUCTIONS BEFORE YOU USE THE PEEL

WARNING:
ALWAYS START WITH A LEVEL 1 STRENGTH PEEL IF YOU HAVE NEVER USED PEELS BEFORE

This peel is available in two strengths:

ReSkin Peel - LEVEL 1 (TCA 4 %, Arbutin 2 % Azelac acid 2 %)

ReSkin Peel - LEVEL 1 (TCA 6 %, Arbutin 2 % Azelac acid 2 %)

Contents

1 X ReSkin Peel in a glass bottle with a roller ball applicator, 2 X Alcohol swabs

1 x 30 ml Post Peel Cream

1. Perform a spot test prior to your chemical peel.

- A patch test tells you how your skin will respond to the peel. The test should be performed on your forearm, or on a small area of skin below the ear at the hairline. Leave the test solution on for at least 10 minutes before washing it off with water.
- Check the test patch after 24 hours. If skin looks normal around the test area, proceed with your peel treatment. If irritation like redness or tenderness appeared, lower the concentration of chemicals in the peel solution and try another test. If you had signs of an allergic reaction, such as raised bumps or itching, try a lower concentration or a different type of active ingredients (glycolic, lactic, mandelic or salicylic acid) in your peel solution.

2. Clean your face before applying the chemical peel.

Use water and a cleanser prior to your peel. Finish with an application of the alcohol swab that came with your chemical peel kit.

3. Apply an even coat of the chemical peel solution to the skin.

Start with the LEVEL 1 peel and apply the TCA solution to your skin with circular movements make sure to have an even layer, use clean fingers to even out areas where there is more peel. Beginning with the less sensitive areas of skin around the forehead, chin and cheeks. Continue to apply the chemical peel below the eyes, nose and neck area. Make sure the solution is applied evenly, or your chemical peel results will be inconsistent. CLOSE THE PEEL IMMEDIATELY AFTER APPLICATION TO PREVENT THE PEEL FROM LOSING IT'S ACTIVITY.

4. Leave the peel on your skin for the recommended amount of time.

During the peel, your skin will tingle, feel prickly, and turn hot. It almost feels like someone is rubbing a chilli pepper. TCA peels don't hurt so much, but they are uncomfortable. If the acid burns to the point where you can't stand it anymore, the TCA peel should be neutralized immediately with a layer of Skin Scripts Skin Protect (SPF30). You can also use a fan to help cool your skin and ease the burning sensation. For some people, "frosting" actually occurs. If you are getting a TCA peel for the first time, you should only have one layer of peel solution applied to your skin. For more experienced peelers, two or even three layers may be applied for a deeper peel. A second layer will give you approximately a 25% boost in strength. Definitely *do not* get more than one layer if you've never gotten a TCA peel before because you could really risk burning your skin. If a second layer of the peel *is* applied, it's usually applied 5 minutes after the first layer and left on your skin for another 5 minutes before it is neutralized with Skin Protect SPF30.

How long the peel solution should be left on your skin depends on the strength of the peel and your experience with TCA peels. The more TCA peels you have gotten, the more likely you can leave the peel on for a longer amount of time. Most TCA peels self-neutralize in around 5 minutes.

5. Neutralise the peel with Post Peel Cream.

Your peel is designed to stop working as soon as the Post Peel Cream supplied in your kit. Is applied. Once your skin is ready to be neutralised, a thick layer of Skin Protect must be applied. This will calm the skin and also prevent sun damage if you have to go into the sun. Leave the peel on for three to four hours so that the other ingredients in the peel can perform their action. After 3 hours the face can be washed and dried, apply another layer of Skin Protect.

6. After the TCA peel, drink lots of water to keep your skin hydrated and apply Moisturising cream (thickly) around the clock to protect your skin and prevent infection. We recommend **Skin Scripts Intense Moist Treatment**.

When you get a TCA peel, you expect to peel right away, but it actually takes some time for your skin to start shedding. So don't expect to peel on the second day. You can, however, encourage your skin to peel faster by regularly applying moisturizer. **Do not pick** at any of the dry skin or brown spots because you don't want your skin to peel before it's ready!

For most people, visible peeling starts on days 3 or 4, after the TCA peel has had time to work on your skin. However, some people may peel earlier or later. It all depends on your skin and how it reacts to the TCA solution.

How much your skin peels from the TCA peel will depend on the strength of the TCA solution and how your skin naturally reacts. Most people peel in little bits and pieces.

It can be disappointing when you expect your skin to shed like a snake but it only flakes here and there. However, keep in mind that even if your skin doesn't peel off in giant skin sheets, it doesn't mean the peel isn't working. Everyone's skin is just different. Whatever you do, don't pick off any of the peeling flakes because you'll end up scarring your skin. It can be quite a slow peeling process, but be patient and let your skin peel naturally.

Using a moisturizer can actually mask some of the peeling. If your skin really dry, you could maybe see it physically peel, but keeping your skin well moisturized keeps those dry skin flakes hydrated, so even though your skin is peeling, it's just not as pronounced.

When will you see results?

Do not scrub or use any abrasive products on your post-peel skin because it is very fresh and sensitive! For certain skin issues, like fading dark marks and erasing fine lines, it will take multiple chemical peel treatments to see results. 1-2 treatments every 6 months will usually give you optimal results. Again, these results will depend on your skin, the strength of the peel, the frequency of the peel, and how well you take care of your skin post-peel.

Once your skin starts to peel, it'll be close to impossible to elegantly cover up it with makeup, so it's still a good idea to stay indoors. And of course avoid the sun!

Days 5-10 of a TCA peel are when your skin is winding down. You finish peeling and start to feel more normal. You may not see results immediately, but over time, the TCA peel will definitely help rejuvenate your skin. Some people don't peel at all, even 3-4 days after they get the TCA peel. This probably means that the peel wasn't strong enough for your skin. If this is the case, you can do another TCA peel on day 10.