

## FAQS FOR SKINMEDICA® PEELS

### Q. Who can benefit from SkinMedica® Peels?

**A.** SkinMedica® Peels address the visible skin imperfections that result from photodamaged skin, fine lines and wrinkles, pigmentary irregularities, acne-prone skin and mild acne scarring. SkinMedica® offers a range of different strength chemical peels allowing physicians and aestheticians to select the optimum treatment option for every patient.

- Illuminize Peel® is our lightest peel, appropriate for first-time peel patients or patients with mild skin imperfections that are looking for brighter, more radiant skin.
- Vitalize Peel® is suitable for all skin types with mild to moderate skin imperfections. It produces predictable and noticeable results with minimal downtime.
- Rejuvenize Peel™ is deeper than Vitalize Peel® and indicated for patients with more severe skin imperfections. Rejuvenize Peel™ produces compelling results with moderate irritation.

### Q. How long will the effects of the chemical peel last?

**A.** Aging of the skin is a chronic natural phenomenon. A single peel can reduce some of the clinical and histological signs of aging but once the skin has healed from the peel, the aging process starts again. Therefore, a daily program of specifically designed products that reduce the signs of aging, as well as a series of peels are necessary to maintain long-term improvement.

### Q. Is it safe to have SkinMedica® Peels on a regular basis?

**A.** Multiple treatments may be required to achieve desired results. Illuminize Peel® can be repeated every 2 weeks, Vitalize Peel® every 3-4 weeks and Rejuvenize Peel™ every 4-6 weeks. There is no limit to the number of peels a person can receive as long as improvement continues. The effect is cumulative with time and enhanced with SkinMedica® daily regimen products.

### Q. How long should SkinMedica® Peels remain on the skin before washing?

**A.** SkinMedica® recommends washing the face in the evening just before bedtime.

### Q. What is the mechanism the peel uses to self-neutralize?

**A.** All SkinMedica® Peels are self-limiting and do not require a neutralization step like glycolic acid peels which need to be neutralized to terminate their action. All SkinMedica® Peels are self-neutralized by the proteins in the skin. However, if a patient experiences excessive discomfort (burning, itching, erythema, etc) during a SkinMedica® peel procedure, the solution should be washed off with cool water.

### Q. Can SkinMedica® Peels be performed on the neck and chest area?

**A.** If favorable tolerability is seen to an initial peel, it may be administered on the neck and chest. Since the skin on the neck is more sensitive than facial skin, all SkinMedica® Peels should be applied ONLY to the sides of the neck (from ear lobe down), avoiding the throat area. Erythema may last longer when a peel is applied to these areas.

**Q. Can a patient who is diagnosed with rosacea receive a SkinMedica® Peel?**

**A.** Inflammatory rosacea is a contraindication for any SkinMedica® Peel. Appropriateness for any chemical peel treatment for patients diagnosed with other types of rosacea should be determined by the physician.

**Q. How long after receiving a SkinMedica® Peel can one be exposed to the sun?**

**A.** Since new skin is more susceptible to sunburn, extra precautions should be taken to avoid sun exposure following the peel. It is recommended that patients use a sunscreen product with an SPF of 30 or higher. SkinMedica® recommends limiting sun exposure for at least one week after the peel is performed.

**Q. Can the weather condition affect the peeling process?**

**A.** With extreme temperature conditions, either cold or hot, the skin dries much faster. While the skin is peeling, it is VERY IMPORTANT to continuously moisturize the skin to prevent premature peeling.

**Q. Does every patient experience tingling or burning during a SkinMedica® Peel?**

**A.** A patient's tolerance to the procedure varies. Tingling or burning sensations are normal and expected reactions. A handheld fan can be used to reduce the discomfort, which usually subsides in a few minutes. Occasionally the sensation may remain for up to 1-2 hours. If burning persists for more than 2 hours, the patient should contact a physician.

**Q. Is it safe to perform SkinMedica® Peels on a patient who is taking oral antibiotics?**

**A.** Some antibiotics increase skin sensitivity. We recommend you review the package insert of any oral drug products a patient is using for contraindications, warnings, or drug interactions. Use a conservative approach when performing the procedure. If during the procedure the patient experiences moderate to intense burning or redness, **STOP** the procedure.

**Q. Can a patient who is diagnosed with vitiligo receive a SkinMedica® Peel?**

**A.** Chemical peels, including SkinMedica® Peels, are not recommended for patients with vitiligo. Skin irritation produced by chemical peels can be a triggering factor and cause new patches to spread. Vitiligo or leukoderma is a skin disorder characterized by the destruction and/or inactivation of melanocytes, resulting in patches of depigmentation. The exact cause of vitiligo is not fully understood. Vitiligo is associated with autoimmune, genetic, environmental factors and inflammatory diseases. Patients with vitiligo should avoid exposure to certain chemicals, such as phenol or its derivatives, which are capable of specifically harming pigment producing cells, or other depigmenting and skin irritating agents.

**Q. How do patients maintain optimal results following SkinMedica® Peels?**

**A.** SkinMedica® Peels are part of a proactive skin management program that includes SkinMedica® home-use products. To maintain optimal results achieved with SkinMedica® Peels, patients should use a daily skin care regimen recommended by a physician or skin care specialist.

**Q. How long can SkinMedica® Peels be stored after the vials have been opened?**

- A.** The vial should be opened only when the patient is present, not in advance, to ensure the integrity of the formulation. This will also prevent wasting the peel in case the patient cancels their appointment at the last minute. A pre-measured dose guarantees a consistent amount of material used per application. If the entire content of the vial was not used, the rest should be discarded. To prevent change of the acid concentration due to oxidation and evaporation, the solution cannot be stored after opening.

**Q. When can a patient who has undergone chemo/radiation therapy receive a SkinMedica® Peel?**

- A.** The patient's oncologist is the only person who can make the decision on whether or not a SkinMedica® Peel can be performed on a patient who has recently had chemo/radiation therapy, based on their intimate knowledge of the patient's medical condition and the intensity of their chemo/radiation regimen.

**Q. Why can't pregnant or lactating women receive a SkinMedica® Peel?**

- A.** Ingredients such as salicylic acid (present in all SkinMedica® Peels) and retinol (present in Vitalize Peel® and Rejuvenize Peel™) are known teratogens (substances capable of interfering with the development of a fetus, causing birth defects). When these substances are ingested orally, it may result in complications for pregnant or lactating women. The safety for the use of topical salicylic acid and retinol in pregnant or lactating women has not been established. We recognize that topical use of salicylic acid and retinol may be absorbed into the bloodstream in small amounts, and therefore recommend that SkinMedica® Peels should not be used on pregnant or lactating women.

## ILLUMINIZE PEEL<sup>®</sup> FAQs

**Q. What distinguishes Illuminize Peel<sup>®</sup> from other SkinMedica<sup>®</sup> peels?**

**A.** Illuminize Peel<sup>®</sup> is the gentlest SkinMedica<sup>®</sup> Peel. Patients should not expect to see visible peeling due to the superficial nature of this peel. There is no downtime with Illuminize Peel<sup>®</sup>.

**Q. What can be expected right away after Illuminize Peel<sup>®</sup>, and in the next several days?**

**A.** Most patients leave the office looking healthy and fresh. Any redness or discoloration can be covered with makeup and most activities can be resumed right away. Hours after just one Illuminize Peel<sup>®</sup>, patients will notice instant enhancement of skin appearance, such as freshening and brightening of the skin, and improvement in skin clarity. Patients who received Illuminize Peel<sup>®</sup> should not expect to see visible peeling, due to the superficial nature of Illuminize Peel<sup>®</sup>.

**Q. What Fitzpatrick skin type is this procedure best for?**

**A.** Illuminize Peel<sup>®</sup> is appropriate for all Fitzpatrick Skin Types I-VI.

**Q. How often can a patient receive Illuminize Peel<sup>®</sup>?**

**A.** Illuminize Peel<sup>®</sup> can be repeated every 2 weeks.

## VITALIZE PEEL®/REJUVENIZE PEEL™ FAQs

### **Q. How much peeling should patients expect from Vitalize Peel® or Rejuvenize Peel™?**

- A.** The degree of peeling may vary depending on the individual's skin type and skin condition at the time of the peel. Peeling can range from mild flaking to peeling in sheets. Regardless of the amount of peeling, the skin is still sloughing off at an accelerated rate, which will result in the following benefits: improvement of skin tone and texture as well as diminishment of fine lines and wrinkles.

### **Q. What causes variations in the amount of peeling?**

- A.** There are a number of reasons why some patients may not observe visible peeling each time they receive a peel. The reasons may include:

- ✓ Conservative application for patients receiving Vitalize Peel® or Rejuvenize Peel™ for the first time.
- ✓ Patients with severe sun-damaged skin may require 1 or 2 treatments before the peeling becomes substantial. Severely sun-damaged skin has a rough texture and increased epidermal thickness. These patients will initially see a minimal amount of peeling or in some cases, peeling will not be observable to the naked eye. More peeling will occur with subsequent peels.
- ✓ Having peels regularly with a short interval between peels or frequent use of chemical or physical exfoliants prior to the peel treatment will increase penetration of the peeling agents into the skin and therefore enhance the results of the procedure. However, the amount of visible peeling may decrease.
- ✓ The amount of Peeling Solution and/or Retinol Solution applied may not be sufficient. After receiving initial Vitalize Peel® or Rejuvenize Peel™ with favorable tolerability, the number of passes should be adjusted (See Vitalize Peel® and Rejuvenize Peel™ Protocols).

The outcome of the peel is not determined by the amount of peeling, but by the results the peel produced including an improvement of overall skin condition, smoothness of skin texture, etc.

### **Q. Can Vitalize Peel®/Rejuvenize Peel™ be performed on patients with darkly pigmented skin?**

- A.** Vitalize Peel® is appropriate for all Fitzpatrick Skin Types I-VI. Rejuvenize Peel™ is recommended for Fitzpatrick Skin Types I-IV. It can be performed on skin types V-VI after the patient has established tolerability to Vitalize Peel® or with physician consent.