

CHEMICAL PEEL PROTOCOLS

(Lactic/Glycolic and Salicylic)

Please Note: As Biophora only sells an Enzyme Peel and a Lactic Peel, it is the responsibility of the individual office to source, and use chemical peels at their own discretion and risk as directed by the manufacturer. The following information simply reviews guidelines and generic information about peels and how they might be used in alignment with authorized Biophora retail or cabin products. Professional treatments in general will clear dead skin cells so that Biophora ingredients may better penetrate the skin helping to maintain a balanced pH for a healthier, more youthful-looking complexion.

Alpha Hydroxy Acid (AHA - Lactic or Glycolic) Peels - Overview

Skin Types and Peels

1. All skin types can well-tolerate Lactic/Glycolic peels: normal/aging, fine lines and wrinkles, hyperpigmentation, sensitive, sensitive acne, acne oily, psoriasis, and eczema. As the skin becomes more conditioned over time with home care products and ongoing treatments, the percentage of the peels can be increased. However ultimately, acneic conditions are best treated with Salicylic peels.
2. If a client has true Rosacea, start with a Lactic Peel as tolerated - stronger peels can be highly irritating for this sensitive skin condition. Sensitive skin conditions may advance to higher percentage peels once skin has been conditioned over time.

Frequency of Peels

1. Always offer clients and patients a package of 6 peels, with 2 weeks in between each treatment. Peels should be done close together for best results. Only offer a 4-peel package if 6 are not possible. Committing the client to their goal of achieving excellent results requires multiple treatments. This will in turn, create success for the patient and skyrocketing positive word of mouth for your practice.
2. 30% of the benefit for the skin's improvement comes from the peels, and 70% from the daily-use home care products. The products keep the dead skin from coming back as quickly, so the skin will look fresher, brighter and have a more even texture, and make peels more effective in reaching the goal of younger, clearer, healthier, plumper-looking skin.

Before Performing Lactic or Glycolic Peels:

1. Please do a skin evaluation and have an informed consent signed, before treating a new patient/client.
2. Check client's use of topical or oral medications, cold sore history, and recent laser treatments etc.
3. Client must be willing to wear sunscreen every day ongoing if they are having peels and using active.
4. Clearly explain to the client what you are going to do with each step and what to expect in terms of any sensations, discomfort, pre-post peel instructions.

Guidelines for AHA Peels:

1. AHA Peels loosen the bonds between the live and dead cells in the stratum corneum.
2. These peels are relatively moderate but can be particularly effective when used as directed.
3. Can be done on skin types I-VI on the Fitzpatrick Scale. (If client has darker skin—Fitzpatrick V and VI, and tends to either hyper or hypopigmentation with AHA's, adjust home care protocols accordingly and start them on lower acid peels.

Clinical Indications:

1. Client sensitivity will start to decrease before 4 minutes. As the skin becomes balanced and conditioned over time, sensitivity will also decrease, especially by the time they reach their 3rd or 4th peel, so the percentage of the peel should be increased with each appointment. Home care products containing acids will promote cell turnover so that subsequent peels will also be deeper and more effective.
2. Peels are effective after 15 seconds, so if the client wants it removed try to talk them through this initial 15 second time frame. Dab red or densely-frosted areas right away with Neutralizer.

IMPORTANT NOTE: NEVER LEAVE PEELS ON FOR LONGER THAN 4 MINUTES.

3. Apply the peel first, then start the timer for 4 minutes. Their skin may feel itchy, prickly, or present with a slight burning sensation for the first minute or so, and then it will subside.
4. Increase the percentage of the peel strength with every visit as tolerated.
5. AHA peels should always be neutralized thoroughly.

Patient/Client Guidelines Prior to a Lactic/Glycolic Peel

1. Leave 1 week in between a peel treatment and micro-dermabrasion, laser hair removal, or other IPL procedures. Only do a peel 1 week before or 2 weeks after a Fraxel procedure or the skin will be too sensitive.
2. Client should be off Retin-A and steroids for a minimum of 1 week before and 1 week after a peel, and off retinols for 24 hours before and after a peel.

Post-Peel Guidelines

1. Call the client the next day after the treatment, to assess how they are doing and to ensure their satisfaction.
2. Client should avoid "actives" like Bioactive Gel the day of the peel, but that evening may resume their regular routine at bedtime and the next morning.

LACTIC/GLYCOLIC PEEL – CLINICAL APPLICATION STEPS: See application demonstration beginning at 26:37 of Part 3: Lactic/Glycolic Peel Training Video

Preparation for AHA Peels (Lactic Acid and Glycolic – these peels can be done separately or one right after the other in one appointment per the instructions below.)

Apply Biophora Neutralizer to two 4" x 4" soft gauzes, so they are quite wet and saturated. Place them in a glass container easily accessible on the aesthetic trolley. If a client has a visible cold sore, apply Vaseline to affected area and avoid applying peel in this area. If so, encourage the client to avoid the mouth area with their Bioactive Solution and Bioactive Gel in their home program, as well.

1. Using a quartered soft gauze 4" x 4", tip the bottle with the appropriate percentage of peel in three overlapping circles in the middle of the gauze, so that it is saturated but not dripping.
2. Prepare **Lactic Acid gauze** and place on top of the **Lactic Acid bottle**
3. Prepare the **Glycolic Acid gauze** and place on top of the **Glycolic Acid bottle**.
4. Then for the **first complete application**, apply the **Lactic Acid Peel** to the face and neck **according to instructions below**.
5. Then for the **second complete application**, apply the **Glycolic Acid Peel** to the face and neck as well according to the same instructions.
6. Apply the peeling agent around the client's face in short strokes per the **Clinical Application Steps**. Then when complete, immediately start the timer for 4 minutes.
7. **Do not go over any area twice or overlap, as this doubles the strength of the peel.** However, once each full application over the entire face is complete, you can do 1-4 full passes for each of the 2 peels as tolerated, just complete one cycle at a time.
8. Although you can't see the peel process working, know that it is.

Step 1 – Prep the skin (Biophora Bioactive Cleanser)

Dampen a 4x4 rough gauze with a pea-sized amount of Bioactive Cleanser. Work into the skin well, rinse well with water using gauze until all make-up is removed. Rinse with water until all cleanser is gone, using soft gauze. Dry with a Kleenex.

Step 2 – Exfoliation / Degreasing (Biophora Enzyme Exfoliator and Bioactive Solution)

Take 1 pump of Enzyme Exfoliator with 1 pump Bioactive Solution in the palm of your hand and massage on to face and neck. Let sit for 2-3 minutes. Rinse thoroughly with a warm soft cloth to remove Enzyme Exfoliator, as this can affect the effectiveness of the peel. Dry the skin as it should not remain sticky.

Step 3 – Apply from the RIGHT side of the face to the left:

- a) The 1st pass is across the right side of the forehead in one motion from temple to temple (upper forehead along the hairline).
- b) The 2nd pass is from the right tip of the outer eyebrow to outer tip of the left eyebrow (lower forehead).
- c) The 3rd pass is between the Glabella (area between the eyebrows at top of the nose)
- d) Then starting with the right side of the face work from the lower outer corner of the mouth across the jawline and up to the ear.
- e) Now slant the gauze so one side of the gauze meets both the top outer corner of the mouth and the bottom corner of the nose. Pass the gauze along from the side of the nose across the upper cheek towards the outer corner of the eye and up to the temple.
- f) Then fold the gauze in half, and gently pulling down the skin of the upper cheek under the middle of the eye, pass the folded gauze from the inner corner of the eye (being very careful not to get any peel solution into the eyes) to the crow's feet.

Step 4 – Now Repeat steps d-f above but now on the LEFT side of the face

Step 5 – Once the above steps are also complete on the left side of the face, perform the application on remaining parts of the face as follows:

- a) Fold the gauze in half and swipe up from the nasal labial fold on the left side of the nose to the top of the nose where it meets the eye. Repeat on the right side.
- b) Then with gauze folded swipe from the bulb or end of the nose to the glabella.
- c) Next, with gauze still folded, pass from the left corner of the upper lip to the right corner of the upper lip.
- d) Now open the gauze and pass it along the left corner of the chin to the right corner of the chin.
- e) Then turn the face to the left and work from the right side starting from the back of the ear in consecutive upward strokes from the neck to the jaw all the way across the neck to the back of the left ear while turning the head toward the right.

IMPORTANT NOTE: Don't take your eyes off the client's face, and look for any red areas developing and if redness intensifies neutralize that specific area. If the client wants the agent off, neutralize immediately. At the end of four minutes, neutralize the face all at once quickly, and repeat at least 4 times, and get every area including around the nares, the glabella, hairline, neck, and chin. You can't neutralize too much, just too little. Rinse with water 2 times, pat dry with a tissue.

Step 9 – Nourishing Post-Treatment Application (Multivitamin Freeze Mask & Dermalich Moisturizer)

Mix a dollop of Multivitamin Freeze Mask with 1 pump of Dermalich Moisturizer on the top of your hand (or in a glass bowl) and apply in a thin layer with a fan brush. The client may feel a sensation of intense cooling or mild burning for 2-5 minutes. If after 5 minutes it's still burning, remove the mask and apply Dermalich and SPF. This is uncommon, but don't leave the client alone, until they're comfortable. The mask can be left on for a minimum of 15 minutes and there is no maximum. Then rinse thoroughly and remove the mask with a hand towel or wash cloth.

Step 10 – Moisturize and Protect (Biophora Dermalich Moisturizer and SPF 30). Apply **Dermalich Moisturizer** and **Daily Protection SPF30**.

Step 11 – Last, apply a few drops of **Liquid Gold** over the SPF30 as a finishing touch. This gives the client a dewy radiance that enhances the look of the peel. Hand the client the mirror and show them their glowing, vibrant complexion!

Step 12 – Give the client the home care products and explain instructions for use. Book their next appointment for another peel in 2 weeks (6 peels at 2-week intervals are needed for best results, with a minimum 4).

Beta Hydroxy Acid (BHA) Salicylic Peels - Overview

BHA Peels: 20% or 30% Salicylic Acid (Self Neutralizing)

Skin Types for Salicylic Peels: Best for acne/oily, sensitive acne, and hyper-pigmentation due to acne scarring on skin types I-VI (**not for Rosacea**). Always start a new client on Salicylic Peel 20%. If client has darker skin, Fitzpatrick V and VI, start them on Lactic/Glycolic Peel before their first Salicylic Peel to check for pigmentation issues and then increase if and as tolerated, or discontinue if pigmentation increases. Start Salicylic Peels slowly and ensure skin is well conditioned with daily-use products. Peels are usually done every 3 weeks for a minimum of 6 peels.

Before Performing a Salicylic Peel:

1. Always do a skin evaluation and have an informed consent signed first, before doing any treatments.
2. Check client's topical, oral medication, and cold sore history. The client should be willing to use sunscreen every day, if they have a peel or use active products.
3. Clearly explain to the patient/client what you are going to do with each step and what to expect in terms of any sensations, discomfort, pre-post peel instructions.
4. A Salicylic bottle is considered a 2-3 person use, depending on the number of passes used in each peel session. **Caution:** Discard an opened bottle of salicylic after 1 week. It can become more concentrated due to hydro-alcohol evaporation and may burn or pigment the skin. A Salicylic Peel will last unopened for 1 year.

Clinical Indications:

1. Only use **Acetone or 99% alcohol**. A product like Bioactive Solution for example contains oil and will prevent the peel from penetrating properly.
2. We use larger swabs so that the product is rolled into the skin, and the more pressure used, the deeper the peel will go.
3. The BHA peel is self-neutralizing at 5 minutes, so it can't be removed once it's applied. Wait a minute after applying it to the forehead, to allow it to heat up and cool down, so the client knows what will occur.
4. Use 1 – 10 pain scale...1 being nothing to 10 being the sensation of an intense sunburn. Offer the client a battery-operated hand fan so they can cool their face as needed to minimize any discomfort.
5. If the client indicates that they are around a 5 on this scale, you can do a second coat. If it's a 10, even if they don't have frosting or redness, don't do another coat, especially if they have sensitive acne skin. Wait for the skin to calm down to a 5 to continue with a second coat and avoid areas showing redness, or intense frosting.
6. This peel will make the skin red, and there may be a white residue that forms. This is from the salicylic crystals that are left behind after the alcohol evaporates. This is a sign that the peel is effective and working under the skin.
7. During the first 20% Salicylic Peel, wait a few minutes before deciding to apply a second coat to let the heat come down to around a 2, then reapply. Perform 1-2 passes for the first treatment as tolerated and work up to 2-4 passes during subsequent peels and increase the percentage as the skin becomes conditioned. This is determined on a case-by-case basis, dependant of the sturdiness/resilience and pre-conditioning of the skin. Advance in peel percentage strength only as tolerated.
8. Apply the **Multivitamin Freeze Mask, Dermalich Moisturizer, and Daily Protection SPF30** as directed in the Clinical Application page below.
9. **Post-Peel:** Client should use the mandatory Biophora Post-Care Kit for 7-10 days as directed.

SALICYLIC PEEL 20%/30% CLINICAL APPLICATION (See application demonstration in Part 3: Salicylic Peel Training Video which begins at 8:20)

Salicylic Application Steps (DOES NOT NEED NEUTRALIZER as it is self-limiting peel and becomes inactive 5 minutes after the application, although redness and flaking may continue 8-10 days post-peel).

Step 1 – Cleanse (Biophora Bioactive Cleanser)

Use a pea-sized amount of Bioactive Cleanser on damp 4x4 soft gauze and apply with gloved hands, to thoroughly cleanse the skin of any make-up. Rinse thoroughly using soft cloth or gauze and then use a tissue to dry the skin. The cleaner the skin, the more even and deep the peeling agent will penetrate.

Step 2 – Degrease (medical grade acetone or 99% alcohol)

Using a soft gauze use a small amount of medical grade acetone, to clean the skin, go over it a few times while the client holds their breath. If you only have alcohol (it must be 99%) this will work as well. Don't use Bioactive Solution as the eucalyptus oil will interfere with the peel's effectiveness.

****Apply Vaseline (use only name brand Vaseline to ensure efficacy), at the outer corners of both eyes and around the corners of the mouth to protect these areas from exposure to the peel. Carefully ensure that you keep the peel solution away from the immediate eye area. Always have fresh bottle of eye wash handy on your treatment trolley.**

Step 3 – Clearly explain each step before you do it and **provide the client/patient with a handheld battery-operated fan that they can use to cool their skin as needed throughout the peel.**

Step 4 – Thoroughly shake the vial of 20% or 30% (always 20% the first peel), open the bottle **away** from the client's face. Keep your gloved thumb over the top of the bottle. Use the large swab to apply the peel.

Step 5 – Apply to the forehead in circular up and down strokes, and ask the client to let you know their comfort level.

Step 6 – After any uncomfortable sensations diminishes, go over the outside area of the face first, and then to the more sensitive cheek area when the swab is not as saturated.

Step 7 – Dip the swab before applying to each section of the face, i.e., for the forehead, each cheek, chin, and nose. Apply until all areas have a "frost" or a topical whitening of the skin depending the client's tolerance. If there is no frost, and the client is not in too much discomfort, ask them if you can do another coat.

Tips:

- Use 1-10 pain scale...1 being nothing to 10 being the sensation of an intense sunburn.
- Two coats are enough for the first treatment. On the next treatment you may be able to do 3 coats, and apply a little more pressure. If the client has had 3 coats with some pressure, move up to the 30% salicylic peel on the next treatment.
- Frosting is the residue left on the skin, after the hydro-alcohol has evaporated, however if the concentration of the frosting appears particularly dense, do not continue to apply to this area.

Step 8 – Nourishing Post-Treatment (Multivitamin Freeze Mask)

The skin does not need to be rinsed. Apply a thin layer of Multivitamin Freeze Mask with a fan brush. If the client feels that the mask is burning after a few minutes, remove, as the menthol can irritate the skin right after a peel. This is uncommon, but stay with the client and don't leave them on their own, until they're comfortable. The mask can be left on for a minimum of 15 minutes and there is no maximum. Some client's dab it on their acne, rub it in, and leave it on all night.

Step 9 – Moisturize and Protect (Biophora Dermalich Moisturizer and SPF 30 or 45)

Rinse thoroughly with a soft cloth, and then apply Dermalich and Daily Protection 30 or Advanced Protection SPF45.

Step 10 – Post Care: (The Post Care Kit is mandatory for this peel and must be used afterwards)

Give the client the **Biophora Post Care Kit with Calming Cleanser, Dermalich, and Daily Protection SPF 30 or Advanced Protection SPF45**. Insist that they do not pick or peel their skin, and that it will take 8 to 10 days for any flaking or redness peel to be resolve. Sunscreen is essential for a successful treatment, as they may hyper-pigment or hypo-pigment, if not worn daily. They can then go back to their usual products, after 7 days or when skin stops flaking.