



NeoStrata[®]

ProSystem Peels

Patient Questions & Answers



The Science of Great Skin

*This booklet has been designed to answer the most commonly asked questions about superficial peels, but it will not take the place of consultation with your doctor. Discussing the questions in this booklet can help you and your doctor decide if **NeoStrata® ProSystem** peels are right for you.*

About NeoStrata® ProSystem

NeoStrata® ProSystem is a highly effective, superficial peeling system used by medical skincare professionals that is clinically proven to achieve outstanding and predictable results in skincare. The system offers the flexibility of four **Rejuvenating Peel** concentrations – 20%, 35%, 50%, 70% Glycolic Acid – and two *targeted benefit peels* for **Clarifying and Brightening** the skin. This allows your skincare professional to design a treatment program to specifically meet your individual needs.

NeoStrata® ProSystem superficial peels, often referred to as “lunchtime peels”, are brief in-office procedures that are performed under the supervision of a physician. **NeoStrata® ProSystem** utilises three different alpha hydroxy acids (AHAs); glycolic acid, citric acid and mandelic acid. AHAs are naturally occurring “fruit acids” found in fruits and other foods. Glycolic acid is found naturally in sugar cane, citric acid in citrus fruits, and mandelic acid in almonds. Many common skin problems are associated with the excess build-up of dead skin cells that make the skin

thick and dull and may cause clogged pores. AHAs help loosen and remove the dead surface layers of skin to exfoliate and smooth skin, as well as provide deeper antiaging effects.

A **NeoStrata® ProSystem** peel treatment is a specific technique for skin renewal. A high concentration of AHA is safely applied to the skin for a short period of time and then chemically neutralised to end the treatment. This procedure helps to remove the damaged layer of surface skin cells revealing fresh skin, stimulating cell turnover and encouraging antiaging effects in the deeper skin layers. A series of **NeoStrata® ProSystem** peels can help the skin appear healthier, smoother, plumper, firmer, less oily and more even-toned with fewer acne blemishes.

AHA peels have the advantage of being non-toxic and are used for superficial peeling of the skin because they require little recovery time. Usually done in a series of controlled treatments, AHA peels are often comparable in their results to some deeper peels without the complications.

Procedure at a Glance

1. Ideally, patients should have proven tolerability to AHAs such as glycolic acid. In order to assess compatibility with AHAs, patients can use one of the **NeoStrata® Resurface** or **Skin Active** products containing glycolic acid for two weeks prior to a peel procedure. Skin that is sensitive to topical AHA products may be especially sensitive to peels.
2. A **Targeted Benefit Peel** (*Clarifying* or *Brightening*) can be applied as a first step or applied alone depending on patient and specific skin concerns.
3. The **Rejuvenating Peel** can be applied alone or layered over the **Targeted Benefit Peel** depending on patient and specific skin concerns.
4. The peel treatment will be neutralised with a spray neutraliser to end the action of the AHA peel.
5. Post-peel treatment includes application of **NeoStrata® Bionic Face Cream** or **NeoStrata® Bionic Face Serum**. Always avoid sun exposure immediately post peel, and use sunscreen such as **NeoStrata® Daytime Protection Cream SPF 23** when going outdoors.
6. When the skin returns to normal (usually 1-3 days), you can return to your recommended **NeoStrata®** skincare regimen.

Commonly Asked Questions

On what areas of the body can a peel be performed?

NeoStrata® ProSystem peels can be used on:

FACE	BODY
Forehead	Back of hands
Brow line	Chest/décolletage
Crow's feet	Shoulders
Mouth lines	Back
Cheeks	Neck
Chin	Feet

What kind of improvement can I expect with a series of NeoStrata® ProSystem peels?

It is important to have realistic expectations in regard to what a **NeoStrata® ProSystem** peel or series of peels can accomplish. The following are the types of improvements that can be expected with the **NeoStrata® ProSystem**:

- Diminished appearance of fine lines and wrinkles
- Evening of skin tone and lightened discolorations
- Diminished appearance of pore size
- Improved skin tone and texture
- Reduced appearance of blemishes in acne prone skin
- Visual softening of shallow acne scars
- Increased skin glow or radiance

Are there any additional benefits of NeoStrata® ProSystem peels?

- Fragrance-free, paraben-free
- Physician strength formulas
- Dermatologist developed
- Not tested on animals
- Can be used in conjunction with other cosmetic procedures to enhance outcomes
- Can be used to help maintain benefits of other cosmetic procedures

How long is the healing/recovery time after a peel?

Often there is no noticeable healing or recovery time and skin looks and feels normal within a few hours to a day. For some patients, the healing/recovery can take a few days and up to a week or longer. With a deeper peel, there is the potential for scabbing and social downtime.

What is the skin's speed of improvement?

- Textural smoothening and improvements with acne prone skin can occur with 1 to 3 peels.
- Deeper textural changes require multiple peels. Noticeable improvements usually occurs following 3 to 6 peels.
- The most severe skin issues can take longer to improve. Results are best achieved in a series of treatments and may be combined with other treatment modalities to yield the best possible outcome for your skin.

Can anyone be treated with a NeoStrata® ProSystem peel?

Although all skin types can be treated with the **NeoStrata® ProSystem**, your physician or skincare professional will determine if it is the right treatment for you after discussing your medical history, skin sensitivities and peel expectations.

Who should not have a NeoStrata® ProSystem peel?

The **NeoStrata® ProSystem** peel may not be appropriate for all patients. It is essential that you inform your doctor or skincare provider if you experience any of the following conditions:

- Collagen disease
- Autoimmune disease
- Bullous conditions
- Uncontrolled systemic disease to include diabetes, thyroid, cancer, etc.
- Diminished sensory response
- History of keloid scars
- Active herpes simplex (cold sores)
- Warts
- Sunburn or windburn (current or planned vacation)
- Current use of oral retinoids (or within the prior 6 months)
- History of cryosurgery, radiation treatments or surgery (within 6 months)
- Skin not fully healed from recent cosmetic procedure(s)/surgery
- Pregnancy or nursing
- Known allergies to any of the ingredients in the **NeoStrata® ProSystem** line of products

What health or skin related topics should I discuss with my doctor or skincare provider prior to receiving a peel?

Under certain circumstances, your doctor or skincare provider may decide to postpone a peel treatment, decrease your peel exposure time or you may be asked to discontinue a cosmetic procedure and/or product for a short time before and after your peel. It is also important to inform your doctor or skincare provider if you have experienced any of the following:

- History of herpes simplex or cold sores (a treatment may be provided to avoid a breakout)
- History of allergies
- Recent exposure to the sun or other UV radiation and heat to include heat lamps and tanning beds/booths
- Currently taking anticoagulants (drugs for blood thinning)
- Currently taking immune suppressing agents
- Currently using an oral retinoid (should be discontinued 6 months prior to a peel procedure)
- Currently using a topical retinoid (may be discontinued 1-2 weeks prior)
- History of atopic skin reactions, eczema, seborrheic dermatitis, rosacea or other skin sensitivities
- Recent hair processing: removal (waxing, depilatories, laser, IPL), bleaching, dying, permanent wave or straightening treatment

- Recent cosmetic procedure: peel, microdermabrasion, laser or light therapy, chemical or mechanical exfoliation, etc.
- Tobacco use

Can I have a peel if I'm using an oral retinoid?

Use of retinoids and other exfoliants can increase skin sensitivity and reactivity. Under the direction of your doctor, you should discontinue use for 6 months prior to the procedure. Your skincare professional may also recommend discontinuing topical retinoids and exfoliants for 1-2 weeks to manage skin reactivity.

Can I have a peel procedure if I am pregnant or nursing?

Peels are not recommended during pregnancy or while nursing. While glycolic acid, citric acid and mandelic acid are considered to be safe cosmetic ingredients, **NeoStrata**[®] has not tested its formulations on a pregnant population. In addition, skin can be reactive during pregnancy and there is the potential for unpredictable responses to occur during pregnancy.

What should I do prior to the peel treatment?

During your consultation, your doctor may recommend pretreatment with one of the **NeoStrata**[®] products containing glycolic acid. It is important to start using this **NeoStrata**[®] product as soon as it is recommended, often 2 weeks prior to your peel.

Apply product as directed after cleansing. This will help prepare your skin for the **NeoStrata® ProSystem** peel. If irritation occurs, discontinue use and consult your physician or skincare provider. Be sure to discuss your reaction with your skincare provider BEFORE starting a **NeoStrata® ProSystem** peel.

Your provider may recommend changes to your usual skincare routine 1-2 weeks before your treatment. This may include your topical retinoid therapy, and you may be asked to stop use of exfoliating cleansing brushes. Avoid sun exposure.

What do I do on the day of the peel treatment?

Go to your doctor's office with a fully cleansed face. If possible, no makeup, cologne or aftershave should be applied, and you should avoid shaving areas to be peeled for at least 4 hours. **If you have accidentally used one of the restricted products or procedures, such as hair dye or an exfoliating sponge, in the past few days, it is important to tell your doctor immediately prior to the peel procedure.**

What will I experience during the peel?

- During the **NeoStrata® ProSystem**, peel you may experience slight discomfort which may include stinging, burning, itching, tingling or a heat-like sensation.

- During the neutralisation process, which is gently sprayed on the treatment area, you may experience a momentary increase in discomfort (warming sensation) followed by a decrease in the discomfort over time (generally a few minutes to a few hours).
- It is important to understand that not everyone experiences these sensations. Whether you feel the discomfort or not is not an indicator of the results you will achieve.

How will I look and feel after my peel?

Initially your skin may be red and feel sensitive. Some patients experience stinging, burning, itching, mild pain or discomfort, tightness, puffiness, crusting and peeling of the superficial layer of skin. These are all normal and expected results. It is important to remember that unlike other peels, you do not have to see visible flaking or peeling of the skin to achieve desired results. You may notice that your skin feels rough over the next couple of days due to enhanced exfoliation/light peeling. *Note: skin will be especially sensitive to sunlight and other sources of UV light (tanning beds, etc.). Avoid sun exposure and use sunscreen.*

What are the post-peel instructions?

To help speed up the recovery and renewal process, follow the guidelines below:

1. Gently cleanse your face using the **NeoStrata® Facial Cleanser** morning and night.
2. Apply one of the **NeoStrata® Bionic/PHA** products twice daily for 2-7 days or until the skin returns to normal. Products can be applied more often to soothe any discomfort.
3. Use broad-spectrum sun protection. **NeoStrata® Daytime Protection Cream SPF 23** provides protection for sensitive and recently peeled skin.
4. If your skin is sensitive, avoid makeup. Otherwise, you can apply makeup without a wait.
5. Avoid use of products that may be irritating (AHAs, retinoids, salicylic acid, exfoliating treatments, etc.) until skin has fully healed.
6. Avoid sun exposure, artificial tanning and direct heat sources.
7. To avoid the possibility of scarring, DO NOT peel, scrape, scratch, rub or pick the skin; and DO NOT use exfoliating brushes, masques or wear tight fitting hats or headbands.
8. When the skin returns to normal, you can return to your recommended **NeoStrata®** skincare regimen.

What are the possible side effects of a superficial peel?

- Patients may experience redness (erythema), stinging, itching, burning, tightness, minor swelling and peeling of the superficial layer of the skin. These sensations gradually diminish over the course of the week as the skin returns to its normal appearance.
- On rare occasions some patients may experience a deeper peel which may cause blistering, visible peeling, crusting or scabbing of the skin.
- Peels may cause perioral dermatitis (rash around the mouth), an acne flare, or a herpes simplex flare (particularly if no prophylactic antiviral treatment is used).
- Tobacco use may prolong healing time.
- Hyperpigmentation (darkening of skin caused by an overproduction of pigment) or hypopigmentation (a lack or loss of natural skin color), may be experienced by some patients after a superficial peel. Even when these conditions are left untreated, the skin usually returns to its natural color with time.
 - Hyperpigmentation can often be remedied with the application of a skin lightening product, avoiding sun exposure and using sunscreen.
 - Hypopigmentation responses take longer to resolve and can be permanent.

NeoStrata®

Elite Science. Professional Results.

Targeted Sheer Perfection

This lightweight, transparent fluid offers physical broad spectrum UVA/UVB sun protection with a virtually invisible universal tint and ultra-sheer mattifying texture that is ideal for all skin types, including sensitive skin.

Formulated with all-physical filters, titanium dioxide and zinc oxide, to provide broad spectrum UVA/UVB protection and defend against UV damage, along with an antioxidant PHA/Bionic complex to help preserve skin's natural collagen and firmness.

Potent antioxidants EGCG Green Tea Extract, Lactobionic Acid and Vitamin E work to neutralise free radicals and help preserve healthy DNA, promoting youthful looking skin.

- Daily use sun protection SPF50 PA++++
- Photostable, physical broad spectrum UVA/UVB protection
- Ultra-sheer, mattifying finish
- Universal tint
- PHA/Bionic complex protects and strengthens skin
- Potent antioxidant protection
- Suitable for all skin types, including sensitive skin

Superb
New
SPF50
PA++++

TARGETED

*Intensive
treatment for
specific concerns*

NeoStrata®

Sheer
Physical
Protection
with Sunscreen
Broad Spectrum
SPF 50 PA++++

Powerful. Potent. Professional.

Patient Information Acknowledgement

I have discussed the **NeoStrata® ProSystem** with my doctor/skincare professional, and I have read the booklet entitled **NeoStrata® ProSystem** Patient Questions & Answers. I understand the information provided.

Patient's signature

Date

Signature of skincare professional

Date

Contact your doctor or skincare professional if you have any questions or concerns.

NeoStrata®

Elite Science. Professional Results.

new

Boosts Skin Volume

Proprietary Complex

Smoothes Fine Lines, Texture

Diminishes Dark Spots

Builds Volume

Retinol +
NAG
Complex

Lifts and firms

Smooths lines
and texture

Targets
discolorations

**Retinol +
NAG Complex**

**You've never experienced
Retinol like this.**

Slow-release Retinol and NeoGlucosamine® (NAG) build the skin's matrix to lift and firm, diminish the appearance of age spots, reduce lines and smooth wrinkles. Well Tolerated. Professional Results.

A better way to renew your skin.

FORMULATED BY THE WORLD LEADERS
IN ANTI AGEING SKIN CARE



NeoStrataUK

NeoStrata Retinol + NAG Complex — available in Aesthetic Clinics throughout the UK