



MIAMI PEEL PROTOCOL

1. Double cleanse the skin thoroughly with Quintessence® Purifying Cleanser. For the second cleansing a small, circular, soft bristle facial brush may be used to further exfoliate the stratum corneum.
2. Degrease the skin with Toner or Acetone depending on sensitivity of patient's skin. Allow the skin to completely dry before step 3.
3. Protect lips, naso-labial folds, lower eyelids and nasal openings with a petrolatum product on a cotton swab. Never dip the already used cotton swab back into the petrolatum product.
4. The Miami Peel® is an aqueous solution that can be placed into a small glass dish and the cap replaced on the bottle. Make sure you are wearing latex free gloves before you begin. Fold a 4X4 gauze pad over twice and dip it directly into the dish and cover with the peel solution. Gently squeeze the gauze to remove any excess liquid. Sweep the pad across the chin, jaw line, cheeks, nose, forehead and then the neck. Be cautious with the naso-labial fold as this area is quite sensitive. Press firmly but not roughly, covering the entire face and neck areas. Since this is a layered peel, be sure to replace the cap on the Miami Peel Bottle and close tightly between layering as the peel can evaporate.
5. The depth of the peel is determined by how many coats are applied. We suggest 1 coat for the first treatment in individuals with "sensitive skin" and 2 coats for the initial treatment for all other patients. Each visit, the number of coats applied can be slowly increased up to a maximum of 5 coats. A waiting time of approximately 3 minutes is necessary between coats since each one has to dry before moving on to the next coat.

OPTIONAL: To check for missed areas, turn off the lights and shine a Wood's lamp onto the area. The crystals will fluoresce and display a very visible bright white color making it obvious which areas were missed.

6. A fan can be used to diminish any discomfort for the patient. The peel is dry when it feels sticky or tacky to the touch.
7. After the desired number of coats has been applied, and all have dried apply the Q-sunshade sunscreen.
8. The Miami peel is not removed. The patient leaves the peel on, if possible, until it is washed off the next morning with the Quintessence® Purifying Cleanser. Again It is NOT neutralized or removed!
9. The patient can expect mild flaking on day 3–4 after the peel. However, many patients experience minimal to no peeling.
10. The depth of the peel is increased by the following and SHOULD BE AVOIDED:
 - a. Vigorous rubbing during the application of the peel with the gauze.
 - b. Increased number of coats
 - c. Pretreatment with a glycolic containing peel that is neutralized prior to applying the Miami Peel.
11. Precautions
 - a. Discontinue Retinoid use 7-10 days prior to peel. Do not resume again for 7 days post peel.
 - b. Avoid all peeling after waxing, electrolysis, laser treatments, depilatory use or facial filler injections.
12. Contraindications – Allergy to hydroquinone, pregnancy or breastfeeding, aspirin sensitivity, or open cuts, wounds or puncture marks.

POST TREATMENT TIPS FOR PATIENTS:

After receiving the peel the patient may experience light flaking in a few localized areas for up to five days and slight redness for one to twelve hours. Although you may or may not actually “peel” during the first one or two treatments, you will probably experience slight exfoliation and your skin will feel tight and pulled.

Patients should always follow the home care regimen prescribed by their physician and not use any products on the treated areas without consulting with their Physician. The following post treatment tips are also recommended to maximize benefits to the skin:

- Do not apply any medications following treatment not indicated by your Physician including AHA products.
- It is ideal to let the skin stabilize and rest overnight and make-up should not be applied until after the peel has been washed off the following morning.
- Avoid direct sun exposure and excessive heat. Always use daily Sunscreen Protection.
- DO NOT pick at or pull on any loosening or exfoliating skin. This could potentially cause hyper pigmentation.
- Home use of a non-irritating Skin Lightener such as Quintessence Skin Brightener twice a day is recommended to continue lightening of hyper-pigmented areas.
- Do not have electrolysis, collagen injections, facial waxing or use depilatories for approximately seven days after the treatment

FOR TWO DAYS FOLLOWING TREATMENT:

- Do not use Hot Tubs (Jacuzzis), steam room or sauna.
- Do not go swimming or participate in activities that would cause excessive perspiration.
- Do not use any Abrasive sponge, washcloth or other means of mechanical exfoliation.
- Do not direct a hair dryer onto the treated area.

Miami Peel Ingredients (INCI): Alcohol Denat., Salicylic Acid, Lactic Acid, Citric Acid, Kojic Acid, Hydroquinone (2 oz. /60ml)

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