

## GlyDerm Professional

### GlyDerm Esterified Glycolic Acid Facial Applicators

#### Instructions for Use:

**Ingredients:** Water, Glycolic Acid, *Citrus medica Limonum* (Lemon) Fruit Extract.

**Strength:** 20%, 30%, 40%, 50%, 60% and 70%

**Range:** Superficial to superficial-medium

**Suggested Number of Peels Per Series:** 6 peels at intervals of 2 weeks apart.

**Maximum Application Time:** 3 minutes

#### Introduction:

GlyDerm Glycolic Acid Facial Applicators are designed for in-office use by Physicians and licensed professionals as set forth in relevant state regulations. GlyDerm peels are safe, gentle and effective. They are available in ready-to-use, single-use packets, providing convenient and consistent application of esterified glycolic acid. GlyDerm peels range in strength from 20% to 70% glycolic acid, allowing Physicians to customize peel regimens to meet diverse skincare needs. Best results are achieved when complementing a GlyDerm peel with an at-home GlyDerm skincare regimen.

#### Suggested Use:

GlyDerm suggests a series of 6 or more peels, usually 2 weeks apart starting with a 20% peel, until the desired results are achieved. Note that GlyDerm's esterified glycolic acid is fully potent and has a very low pH in comparison to partially neutralized glycolic acid formulations. A lower strength GlyDerm peel may be stronger than a higher strength neutralized/buffered peel. Higher strengths may be used on subsequent visits depending on how the skin reacts. Not every patient will progress to a 70% peel. Very sensitive skin types may never move beyond 20% or 30%, while resilient skin types may progress quickly to higher concentrations. For best results, start patients on the GlyDerm home regimen two weeks prior to the peel.

#### Pre-Peel Instructions:

Analyze skin to determine suitability and to rule out contraindications. Review contraindications before each peel, even if a patient has previously had a peel without experiencing an adverse result. Obtain informed patient consent.

#### Contraindications:

- Prior allergic reaction to glycolic acid or *citrus medica limonum* (lemon) fruit extract.
- Active bacterial, viral, fungal or herpetic infections.
- Active sunburn, windburn or open skin lesions.
- Pre-existing inflammatory dermatoses such as psoriasis or atopic dermatitis.
- Accutane®/Isotretinoin use in the past year.
- History of drugs with photosensitizing potential.
- Patients undergoing oncological treatment.
- Patients who are pregnant or breastfeeding.
- Patients with compromised immune systems.
- Any other medical conditions as determined by the treating Physician.

#### One Week Prior to the Peel:

Patients should avoid the following for 7 consecutive days before undergoing the peel:

- Retinols and/or retinoids, e.g., Differin®, Renova®, Retin-A®, Tazorac®, etc.
- Use of exfoliation, drying or peeling products on the area to be treated.
- Manual exfoliation on the area to be peeled, e.g., facial brush, facial scrub, etc.
- Waxing, depilatories, electrolysis or laser hair removal on the area to be peeled.

#### The Day of the Peel:

Patients should avoid the following on the day of peel:

- Prolonged sun exposure.
- Patients should not shave the area to be peeled for 2 hours prior to the peel.

#### Note:

Patients who have undergone cosmetic or medical procedures on the area to be peeled should wait until all skin sensitivity resolves before undergoing

a peel. Patients who have had cosmetic injections or fillers on the area to be peeled should wait until the complete effects of the procedures have manifested before undergoing a peel.

**Instructions:**

Cleanse the face with GlyDerm Gentle Face Cleanser. Cleanse again, if necessary, to ensure removal of all creams or color cosmetics on the areas to be peeled. Degrease the skin with isopropyl alcohol using a soft cotton pledget.

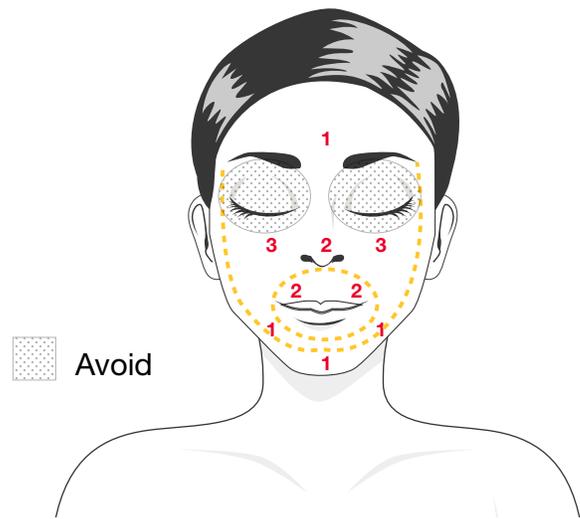
Allow the skin to rest for 2 minutes. Tear open the facial applicator pouch—do not use scissors to open the pouch. Begin applying the glycolic acid at the periphery of the face and proceed toward the more central areas of the face, finishing around the eyes when the applicator is less wet. *Do not apply on eyelids or directly above or under the eye. Avoid contact with the mucus membranes of the nose. In case of eye contact, flush with water for 10–15 minutes. A peel is usually left on the skin for 2–3 minutes, but never longer than 3 minutes.*

Continually monitor the patient’s reaction during the procedure. Some patients may experience mild stinging, tingling, itching or burning. This is normal. Immediately rinse off the product if undue erythema or frosting occurs, or if more than mild patient discomfort is experienced. This is a rare occurrence. Undue erythema may be treated with a 1% hydrocortisone cream.

After the prescribed time, rinse the face with generous amounts of tepid water. Take care to rinse product from the nasal labial folds and other areas of the skin that have deep lines or wrinkles. Some mild erythema may persist for up to 60 minutes. GlyDerm peels may also be used on the décolleté, back, and top of hands following the instructions above.

**Warning:**

This product contains glycolic acid which is for external use only. Avoid eye contact. In the event of eye contact, rinse with generous amounts of tepid water.



**Post-peel Instructions:**

GlyMist may be used immediately after the peel and during the next 3 hours as a cool, refreshing spray to relieve any feelings of skin dryness or tightness. Patients should avoid using color cosmetics and creams on the area that was peeled for 3 hours following the peel. Lipstick and eye make-up may be used. Patients should not use GlyDerm renewing (glycolic) products (or other exfoliating products) for 36 hours following the peel. It is suggested that patients begin using one of the GlyDerm Hydrotone products (hydrating, esterified glycolic-free) beginning 3 hours after the peel to moisturize the skin.

**What to Expect Following a Peel:**

Depending on the strength of the peel administered, patients may experience:

- Tightness or redness which should resolve within 3 hours but may last up to 72 hours.
- Skin sensitivity for up to 72 hours.
- Exfoliation (peeling and/or flaking) for up to 5 days. Not all patients will experience peeling or flaking. Peeling is not a prerequisite to skin rejuvenation. The Hydrotone products can be used to counteract exfoliation.
- Patients should contact their Physician if they experience any significant side effects or if mild side effects persist for more than 3–5 days.