



## **SUPERFICIAL PEEL POST TREATMENT INSTRUCTIONS**

IT IS CRUCIAL TO THE HEALTH OF YOUR SKIN AND THE SUCCESS OF YOUR PEEL THAT THESE GUIDELINES BE FOLLOWED FOR THE NEXT 5-7 DAYS:

- 1) Do not do anything that will cause your body to become heated or perspire. This may lead to inflammation and/or breakout (Exercise, sauna, hot tubs, etc.)
- 2) Always use lukewarm water on your face and do not scrub. Avoid chlorine.
- 3) You may or may not experience some visual flaking or shedding of the skin approximately 2-4 days post peel. The amount of visual flaking is not indicative of your end results. If heavier shedding is present, do not under any circumstances, pick or manually peel the skin.
- 4) You must take precautions to avoid sun exposure in order to protect your skin as well as to get the full benefit of the peel. Peels increase your skin's sensitivity to the sun and particularly the possibility of sunburn. Exposure to UV rays can cause hyper-pigmentation, freckling and sun damage. We recommend that you use SPF 50 daily.
- 5) Do not use any glycolic, retinol, or Retinol-A for 5-7 days or until your skin is back to normal. You can resume your regular at home regimen after the 5-7 days. This time may vary depending on the peel performed and each individual's healing process.
- 6) For men, do not shave for at least 48 hours after peel.

TO AVOID INJURY TO THE SKIN, FOR THE 10 DAYS FOLLOWING THE PEEL, PLEASE DO NOT:

- peel, pick, scrape or abrade the skin
- have an electrolysis or laser treatment
- use tanning beds or sunbathe
- perform certain hair services using chemicals
- facial wax, thread or use depilatory products
- receive aesthetic injections
- have another treatment until your esthetician advises you to do so

SLIGHT REDNESS OR SWELLING MIGHT OCCUR IMMEDIATELY AFTER THE PEEL. THIS USUALLY GOES AWAY WITHIN 24 HOURS. SOME CLIENTS EXPERIENCE TEMPORARY SKIN DISCOLORATION. YOU MAY HAVE AN AREA OF SCABBING OR CRUSTING IN CASES OF SEVERE SENSITIVITY, THIS IS VERY RARE. IF IT IS BOTHERSOME YOU MAY APPLY AQUAFOR (FOUND AT YOUR LOCAL DRUGSTORE) TO THE AFFECTED AREA. CALL YOUR ESTHETICIAN IMMEDIATELY IF ANY OF THESE CONDITIONS DO NOT RESOLVE WITHIN 24 HOURS.