

SKIN PEEL

Pre & Post Treatment Instructions

It is crucial to the health of your skin and the successes of your peel that the following guidelines are followed, if you have any queries, please contact us.

Pre-Treatment Care

- Completing a prescribed skin care program prior to your peel will prepare the skin, allow for better treatment results and reduce the risk of complications. This is recommended but not mandatory.
- The following should be avoided 2 weeks prior to treatment: waxing, depilatories, electrolysis, and all kinds of laser treatment or surgery on the area to be treated.
- To minimize the risk of hyperpigmentation, or darkening of the treated area, tanning should be avoided 4-6 weeks prior to the procedure.
- It is recommended that extended sun exposure be avoided, especially in the 10 days prior to treatment.
- Avoid sauna, steam bath and exfoliation 3-5 days prior to treatment.
- Do NOT use makeup on the day of your treatment.
- If you are prone to cold sores, prophylactic antiviral therapy may be necessary prior to your treatment. Please discuss this with your practitioner.
- Products containing Retin A, or glycolic acid should be avoided 3-5 days prior to treatment
- Inform your practitioner for any medication or topical creams you are using.

Post-Treatment Care

- Blanching is visible evidence of protein coagulation and an indication the solution has penetrated more deeply in those areas.
- Immediately after the treatment there may be slight redness, mild burning sensation, swelling, tenderness and an itching sensation in the treated area. The discomfort is temporary and generally subsides within 3 to 4 hours.
- Do not apply ice or ice water on the treated area.
- The area should be washed after 6 to 8 hours. When washing your face do not scrub, do not use a wash cloth. Use a gentle cleanser gentle cleanser recommended by your practitioner.
- Approximately 48 hours after the treatment, your skin will start to peel. This peeling will generally last 2-5 days. **DO NOT PICK OR PULL THE SKIN.** Allow skin to peel at its own pace.
- It is imperative that you use a sunscreen with SPF of at least 30 and avoid direct sunlight at least 1 week. Do not tan for 4-6 weeks after skin peel. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as they may be more sensitive following the peel.
- It is a must to keep the skin moisturize to assist in the formation of a new skin. You may be advised to follow a prescribed skin care programme to achieve the optimum results.
- Increase your fluid intake for the next 1-2 days. This will keep the skin hydrated.
- Avoid; waxing, depilatories, electrolysis, products containing Retin A and Glycolic, bleaching cream, any kind of laser treatment and surgery on the area treated, during 3-4 weeks after the treatment.
- Skin may turn darker than usual, ranging from light brown to extremely dark brown (dependent on your peel's intensity). Usually this will appear on the chin, smile lines and under the eyes. In rare cases, permanent hyper-pigmentation may develop.
- Avoid moisturizers with Alpha- Hydroxyl acid.
- The new skin is very sensitive for the first few weeks, and extra care should be taken.
- Follow the course of treatment tailor made for you.

Nurse Support Line to be used during out of office hours in case of Emergency:
0528 928 353