

# **CHEMICAL PEEL**

# **POST - CARE INSTRUCTION**

*Be Enhanced*

# Read Carefully.

The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment.

# 1. CLEANSING

- Wait 3-6 hours after your procedure before washing your face.
- If your peel was done in the evening, apply a soothing cream before bed and wash your face the next morning.
- When washing, use a gentle cleanser and plenty of water. Avoid scrubbing.

## 2. HYDRATION & MOISTURISING

- Keep your body well hydrated by drinking at least 3 glasses of water daily.
- Reapply moisturiser as needed- never let your skin become dry.
- A healthy diet with enough water and vegetables will also support better results.

### **3. SUN PROTECTION**

- Apply broad-spectrum sunscreen daily and reapply every 2-3 hours.
- Avoid or limit sun exposure during the peeling phase and afterwards.

## **4. ACTIVITY RESTRICTIONS**

- Avoid exercise, sweating, saunas, or hot yoga for at least 24 hours.
- If sweating occurs once peeling has started, take a lukewarm shower and moisturise afterwards.

## 5. WHAT TO EXPECT

- Your skin may appear red and irritated for a few days.
- It may feel tight, darken slightly, and then begin to peel.
- Peeling typically lasts 4 - 7 days on the face. Body, chest, or arm treatments may take 3 - 4 weeks to fully resolve.
- Slight tingling or burning when applying products is normal and should resolve within 7 - 14 days.

## **6. IMPORTANT DO'S & DON'TS**

- Do not pick, pull, or peel off flaking skin. Let it shed naturally.
- Do not wax, exfoliate, or use harsh scrubs on treated areas during peeling and for at least 2 weeks after.
- Apply skincare products in small amounts to slightly damp skin to minimise irritation.

## **7. WHEN TO CONTACT YOUR PROVIDER**

If you notice anything unusual or concerning that is not listed here, contact your practitioner immediately.

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