Absolutely Chic Day Spa

Pre/Post Instructions for a Peel Treatment

- **For most patients,** a light flaking begins within 48-72 hours. It is impossible to pre-determine how much peeling will occur. The shedding process usually subsides within 2-3 days. In some cases, there is **no** shedding or minimal shedding. This is also normal, and be advised that your skin is still changing below the surface even if there is no shedding to your skin.

- **Make sure to AVOID** alpha-hydroxy acid, glycolic acid products, Retin-A, salicylic acid, hydroquinone, and skin exfoliation scrubs for 72 hours both before and after a treatment. These products can damage your skin after a peel and irritate the healing process.

- **Stay out** of direct sunlight for 7 days after treatment, such as tanning beds, and use and SPF of at least 15 on the area of skin being peeled.

- **Do not wax** or use hair remover solution 3 days before and after treatment.

- **Use a calming** cleanser and moisturizer on your face to hydrate as often as you feel necessary

- **If your skin** becomes irritated, red, or extremely dry, use aloe to calm the skin

- **You may wear** makeup after the procedure but try to avoid heavy or extremely oily make up for 24 hours if possible

- **Avoid heat** such as in saunas, or spas

- **Do not peel, pick, rub or scratch** your skin at any time whatsoever or for any reason. This can cause scarring or damage to your skin.

- **If you experience** blisters on your face contact your aesthetician immediately, this can happen if you are prone to cold sores.

- **Always notify** your aesthetician of any skin care or health changes each time you come in.

- **Your participation** in your skin care treatments will determine the outcome. It is important that you strictly adhere to your home care products that your esthetician has recommended. Remember the more treatments or series of treatments you receive the better the results you will have. Please contact you esthetician if you have any concerns about your skin after the procedure or any questions about products that you should or should not be using.