



## **Dermaceutic Peels**

In order to maintain the skin comfort and control residual inflammation from the peel treatment it is important that you follow the post peel homecare treatment protocol for the time advised by your therapist.

You may recommence your normal daily skincare regime 7 days post peel treatment unless otherwise specified.

### **The need to use a broad spectrum SPF cannot be overemphasized.**

Failure to use a SPF product for minimum 7 days following the peel could result in significant sunburn and may compromise the overall result achieved.

Do not use AHA, BHA, topical steroids, retinol or scrubs post peel

Do not use face cloths to cleanse

No hair removal for 7 days post peel. This includes waxing, delipatory creams, threading etc.

**DO NOT** pick or peel at the skin as it is shedding. This could lead to scarring and hyperpigmentation.

Avoid strenuous exercise for 24 hours post peel as this may compound inflammation.

Avoid swimming, spas and saunas for 7 days post peel.