



## Chemical Peel Aftercare

Following your chemical peel treatment your skin may appear pink afterwards, this should settle within a few hours if having a superficial peel, or 24-48 hours for a medium depth peel.

Your skin may begin to feel a little tight and dry. A superficial peel should not result in any visible peeling. For medium depths, peeling usually begins on day 2/3 and may last up to approx. 7 days. Do not pick or peel the skin off.

The results will vary and will depend on a number of factors - the strength of the peel, your skin type, your preparation and whether you are having a single treatment or a course of treatment. The stronger the peel, the longer lasting the results.

Try to avoid touching the area for the rest of the day but rinse skin carefully with cool water and pat dry when required and do not rub - for 24-48 hours post peel.

Avoid exposure to strong sunlight and avoid extreme temperatures (cold or hot) for 2 weeks. This includes sunbeds, saunas, etc.

Try to avoid wearing makeup for 12 hours.

Avoid harsh cleansers/ products or washcloths and ask your practitioner if you are unsure. Do not use any alcohols, acids or retinol for around 5 days post peel, unless discussed otherwise with your practitioner.

Use a gentle, non-harsh cleanser when washing your face and moisturise twice a day at least for the first 3-5 days or until skin feels healed. Avoid exfoliating until skin is fully healed.

If you have any worries or are experiencing any unexpected side effects, please contact us on:

**01843 639861 or 07468 526494**

