

Peels

Pre Treatment

To ensure you receive the most optimal results following your peel; you will have been informed about your own individual 'Peel Protocol'. Sometimes, a number of in-clinic treatments prior to your peel are required to ensure your skin is safely prepared, and at less risk of complications. You may also have been advised in regard to a pre-treatment homecare regime. Again, this is to ensure your skin is safely prepared to peel, and at a reduced risk of complications. By following this advice; you can typically expect better and longer lasting results.

As well as this, there are other things you can do to ensure you get the most from your professional peel treatment...

Tanning beds must not be used at least four weeks prior to a Peel procedure. It is worth noting that this practice should be discontinued altogether due to the increased risk of skin cancer, as well as accelerated visible aging.

Extended sun exposure should be avoided, at least ten days prior to your Peel.

If you take medications such as: Retin-A®, Renova®, Differin®, Tazorac®, Avage®, EpiDuo®, Ziana®, Roaccutane®, High-percentage AHA products or High-percentage BHA products – it is important that you let your treating Nurse know, this is discussed prior to any treatment.

Post Treatment

Following your treatment; there is nothing too dramatic likely to happen. It is important to note that the 'peeling process' is different for everyone. Some will experience light flaking in localised areas; while some will experience full-face peeling.

Do not wash your face the same evening as treatment.

Although it is typical to look slightly red or feel tight/dry for a few days following your peel; you can apply moisture using specific post-peel products which you will have been advised on as often as you feel necessary.

We recommend that you keep make-up free for at least 12 hours post-peel; to allow your skin the stabilise and rest.

We recommend that you do not apply non-recommended - or other over-the-counter products - to the skin for around 7 days post procedure; as they may irritate the skin. However, this can be (or may have already been) discussed prior to treatment.

You must avoid direct sun exposure or excessive heat (eg sauna/ steam/ hot bath) for at least 48 hours post-peel. Internal or thermal heat can cause hyperpigmentation.

Tanning beds **must not** be used at least four weeks following a Peel procedure. It is worth noting that this practice should be discontinued altogether due to the increased risk of skin cancer, as well as accelerated visible aging.

Loose or peeling skin **must not** be picked or pulled at. This could potentially cause hyperpigmentation.

Electrolysis, facial waxing or depilatories must not be carried out for 7 days post-peel.

Do not put your face directly into a hot shower spray for around 48 hours following your procedure. Internal or thermal heat can cause hyperpigmentation.

Do not go swimming for around 48 hours following your procedure. Internal or thermal heat can cause hyperpigmentation.

Do not participate in activities that would cause excessive perspiration for around 48 hours following your procedure. Internal or thermal heat can cause hyperpigmentation.

Do not use loofahs or other means of mechanical exfoliation throughout your peeling process.

Side Effects

Although rare, if your skin feels extremely hot or tight, and you are worried that you are having an adverse reaction; it is important to let your treating Nurse know immediately. You can use a fan to cool your skin. Internal or thermal heat can cause hyperpigmentation.

It is possible that if the Peel is washed off the same day of treatment using 'plain' water, that this will only exacerbate any burning/stinging sensation. Therefore, the Peel would need to be washed off using a suitable cleanser. You will be advised of this.

Safety

If you are lactating, pregnant, or possibly pregnant, only a select number of Peel procedures are safe and appropriate. It is therefore so important that you let us know.

An SPF of 30 or above MUST be used following a peel treatment; as your skin will be more sensitive (in general and to the sun) while it heals. Sunbathing or direct sun exposure should be avoided for four weeks following your peel, for the same reason.