

AFTERCARE CHEMICAL PEEL



Your Chemical Peel treatment is typically used to improve the clinical appearance of the skin. A chemical solution has been applied to remove the upper layer of the epidermis which encourages regeneration and rejuvenation of the skin cells.

After the treatment, you may experience redness and flushing (any redness should decrease over the following 1-8 hours), dryness, tightening, tingling, itching, tenderness, stinging and/or light peeling. These are temporary responses and should subside within hours. Many people are able to return to their normal activities later the same day or the following day.

Individuals may react differently and could experience these effects for longer. However, these symptoms are temporary and usually resolve as the skin returns to normal and should subside within 3-7 days. There is a small risk of further side effects which may include swelling, blistering, crusting or a mild acne breakout.

HOW SOON WILL I SEE THE RESULTS AND HOW LONG WILL THEY LAST?

The results of a chemical peel can last anywhere from one month to the rest of your life. The longevity of the chemical peel's results depend on a number of factors. A light, superficial peel will typically produce noticeable results that last for several months.

POST TREATMENT CARE TIMELINE

THE NEXT FEW HOURS	TODAY	TOMORROW	THE NEXT WEEK	THE NEXT 2 WEEKS
<p>✗ Avoid exposure to extreme heat (e.g. sauna, steam, very hot showers and strenuous exercise for 24 hours.</p>				
<p>✗ Should the skin peel or flake, refrain from touching, picking or pulling at any loose skin as this may compromise the results.</p>				
<p>✗ The use of soap should be avoided until the skin normalises. Cleanse the skin with a gentle cleanser and warm/tepid water. Do not scrub and gently pat dry.</p>				
<p>✓ Use of an intensive moisturiser is advised for at least a week as skin may feel drier or tighter after treatment.</p>				
<p>✓ Mineral based makeup may be used once the skin has settled.</p>				
<p>✗ Avoid the use of benzoyl peroxide or glycolic acid facial skin products during the healing process.</p>				
<p>✗ Do not use any facial products containing fragrance, exfoliants, peeling agents, retinoids, retinols and Vitamin A for 5-7 days after treatment.</p>				
<p>✗ Avoid electrolysis, depilatory creams, waxing and laser hair removal on the area treated for a minimum of 7 days after your appointment.</p>				
<p>✗ Avoid intensive exposure to sun, sun beds or extreme weather conditions for 2 weeks.</p>				
<p>✓ Use a daily sunscreen protection cream with a minimum of 30SPF for at least 2 weeks after your treatment.</p>				
<p>✗ Avoid heavily chlorinated water (swimming pools or cleaning products) for the next 2 weeks.</p>				



WHEN TO SEEK URGENT REVIEW

Ulceration or Infection is the only possible side effect that would benefit from an urgent review by your clinician and due to the sterility of the procedure and the minimally invasive nature of the procedure they are extremely uncommon. If you have any concerns, please contact me immediately.

Skin Discolouration (Hyperpigmentation) can occur after the treatment, but this is a very small risk and is not normally expected due to the superficial nature of the treatment. The chances of this occurring may increase if you do not follow the DOs and DON'Ts advice above.

If you have any questions or need any advice, then please do get in touch.