POST CARE PEEL – Sarah Niemi L.E. 480-612-9519 [sarahniemile@gmail.com](mailto:sarahniemile@gmail.com)

Immediately following your peel take extra precaution to guard against exposure to the sun. This means SPF 30; reapplying every two hours and a large brimmed hat. (Not a visor or baseball hat)

* Days 2-6 avoid harsh cleansers, scrubs, Clarisonic (or any other scrubbing brush), washcloths, Retin-A, AHAs or benzoyl peroxide
* Pat the skin do not rub
* DO NOT PICK OR PULL THE SKIN, as scarring and hyperpigmentation can occur
* Apply over the counter hydrocortisone cream over treated areas to minimize itching or irritation.
* It is safe to wear makeup the same day depending on the level of peel. Aggressive peels void makeup for 2 days
* Avoid strenuous exercise, hot tubs, steamy showers, saunas as sweat can get trapped under the skin leaving little water blisters
* Do not have any other facial treatments/procedures for at least one week after the peel or until the flaking stops
* NOTE: Everyone will not experience peeling of their facial skin, this is not an indication that the peel was ineffective. If peeling does not occur, please know that you are still receiving all the benefits of the peel. Such as: stimulation of collagen production, improvement of skin tone and texture and diminished fine lines and pigmentation.
* Day 1: Rinse off the peel at bedtime. Using your fingertips and cool water, do not apply anything else to the skin. Your skin will appear sunburned today and will continue to look redder as the day continues. It will begin to feel tight and you may experience itching and mild burning as the peel penetrates deeper into the skin. You can alleviate this by taking a Benadryl or Zantac (for itching), aspirin or Tylenol (for discomfort) as needed. Also, using Skin Script Rx Cucumber Toner $20 several times a day to relieve tightness.
* Day 2: Your skin will continue to feel very tight. The top layers of the skin are still dehydrating. You will look like you have an uneven sunburn/tan. By the end of the day your skin may begin to flake, usually starting between your eyes, around your mouth and nose. Sun-damaged spots may turn darker prior to peeling. Rinse your face with water today, using only your hands in cool or tepid water. Do not use a moisturizer, you may apply hydrocortisone cream or Aquaphor if the area feels irritated.
* Day 3: Your skin will flake, peel and feel tight. Do not pick or peel at the skin, this could lead to scarring or hyperpigmentation. You may carefully use manicure scissors to clip any hanging skin. Begin using a mild cleanser, such as Skin Script Rx Pomegranate Antioxidant Cleanser $26.50 or, a hydrating cream like Skin Script Rx Ageless Hydrating Serum $25. Do not use retinols, acids, astringents or vitamin C. You must completely avoid the sun during this time. SPF 30, large brimmed hats and shade are your best friends at this point.
* Day 4: Most of peeling takes place between day 2-4. Continue with cleansing and moisturizing. Some areas will have completely come off and others have not peeled at all. This is normal. You can schedule a dermaplaning treatment a week after you started peeling.
* Day 5: Your skin may be tender for a few days. You may use a gentle exfoliant, such as Skin Script Rx Refine & Renew Duo $60 to remove any skin that is remaining. Ease back into your skin care products and wear SPF always.
* Week 2: You may resume waxing, tweezing or depilatory creams during this week.
* Week 3: You should be able to tolerate glycolic, salicylic, vitamin C and retinol products.

This is YOUR COPY to take home. Please call me if you have any questions or concerns

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