

## WHAT TO EXPECT AFTER A PEEL

*Mild peels can be very effective, targeting all skin types/conditions, with little to no downtime. Skin rejuvenation at this level will improve the skin texture, clarity and radiance while smoothing fine lines and wrinkles. Your skin will feel tight and dry and you may experience light peeling*

### **Things to Expect After a Mid-Depth Peel:**

Skin may be pink or red for the first 1-2 days. Skin may be tender to touch or more sensitive for the first 1-3 days. You will experience light to heavy peeling depending on the depth. You may experience a histamine reaction on the neck and chest due to the increased amount of mast cells, this is normal it does not always happen but I do want to keep you informed in case it does, it is ok. It is very important to avoid exercise for 48 hours after your peel to avoid this irritation. I have included in your aftercare kit a light hydrocortisone gel to help reduce and avoid this.

*Deep peels are designed to remove epidermal layers of the skin. These peels will help reduce active acne lesions and scarring, decrease fine lines, and wrinkles, lighten hyper-pigmented areas (dark patches) and improve the overall health and appearance of sun-damaged, aging, and acne skins.*

### **Things to Expect After a Deep Peel:**

It is recommended to allow yourself some downtime for this level of peeling. Typically skins experience 2-3 days of feeling sensitivities, inflammation and overall looking fairly grungy. We recommend avoiding makeup (foundation) for the first 5-7 days to allow your skin to start the peeling process and reduce any increased risk of irritation or sensitivities.

Post Care is required for 7-10 days to ensure proper healing, reduce inflammation, sensitivities and strengthen the new skin cells. The outcome of the peel depends solely on you! Do NOT pick or pull at peeling skin. Avoid direct sun exposure for the first few weeks following this peel.