

# Chemical Peel Aftercare

- It is advised that you follow Pre-Treatment Skincare routine ie
  - Gentle Foaming Wash
  - Toner for pH balance
  - Hydration with Hyaluronic Acid
  - Moisturing SPF 35+
  - Weekly exfoliation
- Be gentle with your skin. Use only lukewarm water. Pat your skin. Do not rub.
- Your skin may feel dry or itchy and begin to flake a little. **DO NOT** exfoliate the flaking skin. Avoid further exfoliation for 7 days
- **Do not let your skin dry out.** Apply moisturiser regularly throughout the day. When applying moisturiser to your face, ensure you apply it gently without rubbing.
- **DO NOT** pick the treated area
- **DO NOT** use harsh, perfumed, astringent or products containing alcohol for 3 days
- **DO NOT** swim in chlorinated water for 7 days
- **DO NOT** expose your skin to direct sunlight for at least 4 weeks
- Avoid excessive heat such as very hot baths, sauna, jacuzzis, as well as strenuous exercise for 3 days. Use only lukewarm water
- For 1-2 weeks following the treatment, it is imperative that SPF30-50 be worn daily to protect the skin from the sun's rays, even if you're wearing a hat.
- Avoid make-up for 4 - 6 hours
- Avoid other facial treatments ie waxing, microneedling, microdermabrasion, steaming, electrolysis, laser, IPL, Dermal Fillers, Botox for at least 2 weeks
- Warning signs of problems include severe redness, swelling, blistering, ulcers, pain, or signs of infection. Notify us immediately if you see these.
- To enjoy the full benefits of Chemical Peels, a course of 3-6 monthly treatments are required.
- For optimal results you should use the recommended skin care products between treatments.

I hope you have found your treatment beneficial and would really appreciate it if you would go to [Facebook](#) or [Instagram](#) at @Aesthetice/JE and review your experience. Thank you.