PRE & POST PEEL ADVICE

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Benefits of Treatment/s:

- Skin texture
- Surface laxness
- Skin brilliance
- Hyperpigmentation
- Pore size
- Fine line & wrinkles
- Acne (pustule & papule)
- Skin tone
- Sun damage

Weekly treatments can be carried out. 6-12 treatments for optimal results depending on your skin condition/concern.

Pre-Chemical Peel Advice (1-2 weeks before):

- Please do not use any retinoids (e.g. Retin-A, tretinoin) 7 days prior.
- Avoid scrubs, AHA/BHA acids, Vitamin C and other exfoliating products.
- Avoid tanning or extended sun exposure to reduce risk of irritation and pigmentation.
- Use a broad-spectrum SPF50 daily.
- Use a gentle moisturiser regularly to prep your skin barrier.
- Avoid facial waxing.
- Some antibiotics or acne medications may increase sensitivity, please seek medical advice beforehand.
- If your skin is irritated, sun burned or has open lesions, please contact Jasveen ASAP.

Post-Chemical Peel Advice (1-2 weeks after):

- Use a mild, non-abrasive gentle cleanser. Pat skin dry and do not rub your skin.
- Skin may feel drier or tighter, this is normal. Apply epiderma5 Daily Balm or look for products with ceramides, hyaluronic acid or soothing ingredients like aloe.
- Avoid picking or peeling your skin to avoid scarring or hyperpigmentation.
- Avoid direct sun exposure.
- Apply a SPF50 like the epiderma5 daily defence.
- Avoid retinoids , AHA's, BHA's and Vitamin C for 7 days.
- Avoid saunas, hot showers, baths, steam rooms and excessive sweating (exercise) for 7 days. Do not swim in chlorinated water for 5 days.
- Avoid makeup for 7 days. Mineral makeup is recommended.
- Avoid waxing, bleaching for 7 days.

Some redness, peeling and tightness are normal. Contact Jasveen if you notice signs of infection, unusual pain or prolonged redness.