

CHEMICAL PEEL

Post-Treatment Instructions

Healing and recovery times will vary for each person depending on the strength, skin type, and type of peel. Below you will find the usual healing stages along with post-care instructions:

Day 1 - 3 (day of the peel)

- During the peel, you will experience a warm, tingling sensation, which usually subsides in 5 to 10 minutes.
- Following the treatment, the skin feels and appears slightly sunburned as mild erythema (redness) will develop.
- It's important to remember, that following the peel, the skin is extremely sensitive to UV exposure. Please avoid direct sunlight exposure to allow optimal healing and avoid unwanted side effects.
- Skin may feel dry, tight and uncomfortable.
- Redness will turn to tan color and brown spots may darken.
- Normal activity may resume immediately after treatment, however strenuous activity and heavy sweating should be avoided 2 - 3 days.

Day 3 - 5 (post-treatment)

- Wash your face with a gentle, unscented cleanser in the morning and night approved by your technician.
- Apply sunscreen with 30 SPF in the morning during the healing process.
- Apply a light, non-comedogenic moisturizer in the evening.
- As the sloughing continues, please refrain from touching/picking the skin to avoid complications. If necessary, trim excess skin rather than pick it.

Day 6 - 9 (post-treatment)

- Peeling slows down and begins to subside, healthy pink skin is begins to be revealed following the sloughing.
- Skin may continue to peel skin in the oval of the face. Continue to gently cleanse, moisturize and protect the skin to enhance results and protect the skin.
- Skin is pink and sensitive.
- Avoid the use of an irritating agents.
- Continue using SPF 30 or higher.

Day 10 (post-treatment)

- Healing process is complete.
- Skin is healthier and appear more refined/less blotchy.
- Sun screen and sun avoidance will prolong the results.
- Return to corrective treatments.
- Bi-monthly or monthly in-clinic treatment is recommended to maintain skin health.

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!

Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!