

## SKIN PEEL POST TREATMENT ADVICE

### Reactions from treatment:

Reactions from treatment include: skin redness and flushing, peeling, dryness, irritation, tightness, itching, tenderness, accentuated lines & wrinkles due to dryness, stinging and swelling.

Effects will usually typically resolve within hours and many people are able to return to their normal activities the same or next day. Some people may react differently and may experience these reactions for longer. However, these reactions are temporary and typically resolve within 3-7 days as the skin returns to normal.

There is a small risk of side effects causing the skin to turn very red, blister, swell, peel and later scab and crust. In severe cases infection and ulceration may result, although this is not expected to occur due to the sterility of the procedure and the minimally invasive nature of the peel.

There is a small risk that hyperpigmentation of the skin can occur after the procedure, although this is not normally expected due to the superficial type of peel used. Failure to follow the advice detailed below can increase this risk.

### Post Treatment Advice:

- The skin may peel or flake but refrain from touching, picking or pulling at any loose skin as this may compromise results.
- The skin can be cleansed with a gentle cleanser with warm / tepid water but the use of soap should be avoided until the skin normalises. Do not scrub. Pat to dry only.
- Avoid the use of benzoyl peroxide or glycolic acid facial skin products for 2 - 3 days after the skin has healed
- Avoid facial products containing fragrance for 5-7 days after treatment as these may irritate the skin.
- Avoid the use of exfoliants, further peeling agents, retinoids, retinols and vitamin A products for 5-7 days after treatment.
- Refrain from saunas, sunbed, steam baths and hot showers for 24 hours.
- Avoid high impact aerobic exercise or vigorous physical activity for 24 hours after treatment.
- Avoid intensive sun exposure, tanning booths or extreme weather conditions for a minimum of 2 weeks.
- Use daily sunscreen protection with a minimum of 30 SPF for at least 1 week after treatment.
- Avoid electrolysis, depilatory creams, waxing and laser hair removal for a minimum of 7 days after treatment.
- Avoid strong chlorinated water (swimming or cleaning) for approximately 14 days.
- Use of an intensive moisturiser is advised for at least a week as skin may feel drier or tighter after treatment.
- Mineral make-up can be applied once skin has settled.
- Any concerns should be reported to your practitioner as soon as possible.

# CLINICARE®

CUTTING EDGE COSMECEUTICAL FORMULA

## DAILY MAINTENANCE – Home Care Products

CLINICARE have created a home daily beauty plan recommended for your patients, post treatment, to optimise and maintain skin health until their next visit. There are three ranges targeted to specific skin concerns:

**GLOW** - For hyperpigmentation, age spots, sun damage and dull tired skin.

**PURE** - For sensitive, irritated or inflamed skin (e.g. acne-like conditions).

**REFRESH** - For fine lines, wrinkles, firmness and moisture.

### Younger skin (normal to oily)

Morning and evening:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply **Lip & Eye Renewal Cream** on eye and lip area (morning only)
- Apply suitable **X3M EGF Essence** to face, and on top of that
- Apply **Sun Shield Cream SPF30** or **Dermo Corrective Cream SPF50** (morning only)

### Younger skin (normal to dry)

Morning and evening:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply **Lip & Eye Renewal Cream** on eye and lip area (morning only)
- Apply suitable **X3M EGF Serum** to face, and on top of that
- Apply **Sun Shield Cream SPF30** or **Dermo Corrective Cream SPF50** (morning only)

### Mature skin (normal to oily)

Morning:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply **Lip & Eye Renewal Cream** on eye and lip area
- Apply suitable **X3M EGF Essence** to face, and on top of that
- Apply **Sun Shield Cream SPF30** or **Dermo Corrective Cream SPF50** on top

Evening:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply suitable **X3M EGF Essence**

### Mature skin (normal to dry)

Morning:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply **Lip & Eye Renewal Cream** on eye and lip area
- Apply suitable **X3M EGF Extra Serum** to face, and on top of that
- Apply **Sun Shield Cream SPF30** or **Dermo Corrective Cream SPF50** on top

Evening:

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Tone skin with suitable **X3M EGF Liquid Moisturizer**
- Apply suitable **X3M EGF Essence** to face and on top of that
- Apply suitable **X3M EGF Serum**