

# pro power peel

## post-care instructions

Your skin may appear red and flushed following the treatment, and may be more sensitive depending on your skin condition and at-home care regimen. Side effects include, but are not limited to, dryness, stinging, itching, irritation, redness, swelling, tightness, peeling and scabbing. By the second day, your skin may peel or look darker. On the third day, peeling may begin around your nose and mouth, followed by your cheeks, forehead, jawline and neck.

post-care instructions on reverse



Skin Therapist  
Contact  
Information:

Appointment Reminder \_\_\_\_\_

Date

Time

# pro power peel

# post-care instructions

Follow these guidelines until your skin has resolved peeling. For more sensitive skin – or after a more intense treatment – you should consider following these guidelines for at least 10 days.

**1**

Immediately following your treatment, apply a broad spectrum physical sunscreen (minimum SPF30), such as Super Sensitive Shield SPF30 or SkinPerfect Primer SPF30. Avoid direct sun exposure for 2-3 weeks to prevent hyperpigmentation, and wear a wide-brim hat if you must be in the sun.

**2**

Avoid strenuous exercise on the day of your treatment, along with prolonged exposure to heat sources like dry saunas or steam rooms; these activities increase blood circulation to the face, which can lead to discomfort, redness, swelling or other side effects.

**3**

On the night of your treatment you should rinse your face with cool water and cleanse with UltraCalming™ Cleanser, then moisturize with Barrier Defense Booster and Calm Water Gel (all included in the Pro Power Peel Post-Procedure Kit).

**4**

Increase your fluid intake for the next 2-3 days

**5**

You will likely begin peeling within 2-3 days. This is normal; you should not pick at loose skin, as this may cause discoloration.

**6**

Avoid any type of exfoliating product until directed otherwise by your Professional Skin Therapist.