

Aftercare instructions

Follow the guidelines below for 7 to 10 days until your skin has recovered from the peeling. In case of more sensitive skin or a level 3 peel, these guidelines must last at least 14 days. If you have any questions or doubts, please contact us by phone or by email. We are happy to assist you.

- ✓ To reduce the risk of pigmentation, direct exposure to the sun should be avoided for at least two weeks (Note, also applies to the tanning bed).
- ✓ Apply daily UV protection of at least SPF30. (also in the winter and on cloudy days) Do not forget the area around the eyes.
- ✓ Apply UV protection (SPF) every two hours on sunny days.
- ✓ Do not exercise intensively at least 24 hours after the treatment or expose your skin to heat sources such as sauna or steam bath. An increased blood circulation in the face can cause an increased heat effect which can cause discomfort (itching, swelling, redness, etc.).
- ✓ Wait 24 hours before applying make-up.
- ✓ Waxing is only allowed again after 7 days
- ✓ Wash the face with cold water in the evening after the treatment and use a gentle cleanser such as UltraCalming™ Cleanser or Essentail Cleansing Solution. Continue with a moisturizing, barrier-enhancing moisturizer such as Barrier Repair or Barrier Defense Booster. This will reduce a dry feeling.
- ✓ Drink enough water for at least 2 to 3 days after the peeling.
- ✓ The skin may start to peel slightly within 2 to 3 days after treatment. This is normal.
DO NOT PULL ON THE VELLETS! This can cause discoloration.
- ✓ Avoid any form of exfoliation, Retinol or Vitamin A acid for at least 7 days after treatment and in any case until the skin shows no signs of sensitivity.
- ✓ Continue to hydrate the skin well in the days after the peeling. Use Multi-Active Toner, Barrier Defense Booster or a fuller moisturizer such as Intensive Moisture Balance during the day. This helps to hydrate the skin and can reduce the visibility of flakes.

What can I expect immediately after a treatment?

Immediately after the treatment:

After the treatment, the skin may feel slightly tight and dry and show some redness. Just like when you have been sitting in the sun for too long. This mainly occurs from level 2. With a level 1 peeling, redness hardly occurs.

First week after the treatment

Level 1: No or few side effects. The skin will hardly flake and make-up may be applied again the same da

Level 2 and level 3:

- The skin may peel off a few days after the treatment. This is a normal process of the skin and a good sign. A beautiful new skin will appear below. When the skin does not flake, this does not mean that the peeling has had no effect on the skin. The flaking and dry feeling usually starts from day 2 and can take about 3 to 5 days.
- For a nice healing it is necessary not to pull the loose skin. If you do, you increase the chance of pigmentation spots and scars.
- The skin may show redness or feel burning. In most cases this will disappear within 1 to 3 days.
- With a TCA peel the skin can feel tight and possibly change to a darker color. This is caused by the dead skin cells. Usually the flaking begins between day 1 and 3 and starts around the mouth, the chin, cheeks and around the eyes. Your neck and forehead often molar last. If this happens, we advise you to use a nourishing moisturizer.
- In some cases crust formation can occur, which will heal itself after a few days. Please do not pull on it.

In rare cases

- *Pigment differences.*
- *Temporarily activate sebum production.*
- *Establish scar formation. This is usually the result of scratching or rubbing during the crusting.*
- *Itching.*