



HydraFacial/Microdermabrasion/Peels Aftercare Advice

Please take note of the enclosed information and follow the instructions carefully to ensure successful treatment.

Post - Treatment

Please follow the advice and instructions below to avoid adverse reactions.

- Your skin may appear slightly red/sensitive for a few hours after treatment.
- You may experience tingling or a heat sensation which can last for a few hours.
- Pigment changes can show from day 1 - 5 which will shed off gradually. You must allow skin to shed off naturally to avoid any adverse reactions.
- Depending on peel type your peeling may be mild to moderate and will resolve on day 5 - 7.
- For the treatment of oily, congested or acne skin, acne breakouts can occur but will reduce as treatment continues.
- Avoid hot extremes for the first few days after treatment such as heat treatments, sauna, swimming, excessive exercise.
- Avoid any beauty or aesthetic treatments for 4 weeks post treatment e.g. tanning beds, laser, IPL, waxing, threading, depilatory creams, electrolysis, HD brows.
- Avoid products containing retinol/AHA's/BHA's/Hydroquinone/Benzyl Peroxide, perfumes, exfoliating masques/scrubs and tanning products for 7 days.
- Use must use SPF 30 or above on exposed areas treated post treatment.

Side Effects

Recovery time and side effects will depend on what type of peel you choose. You may need to allow for some time off to recover depending on peel type as discussed at your consultation. Normal side effects include itchiness, dryness, redness, flakiness, sensitivity, peeling, pigmentation changes but are transient and can last from a few hours to a few days. If you are having acne peels you may experience acne breakouts which is expected and will resolve with continued treatment.

Adverse Reactions

Adverse reactions although rare may occur such as rash, pigmentation changes, swelling, cold sores, scabbing, blistering, crusting, underlying cysts scarring presenting to the surface or infection.

Following your aftercare advice instructions reduces the risk of adverse reactions. If you experience any adverse reactions, please contact your clinic immediately.