



**FOR YOUR
INFORMATION**

Post Home Care Instructions for Intense Skin Peel

Day One - The skin may feel hot and feverish and you may experience some mild discomfort. Over the counter pain relievers such as Tylenol or Advil may be helpful. Use Post Balm and spray the skin with cool water several times throughout the day. This will relieve tightness and encourage live cell build up.

It is normal to have some swelling, but if it becomes too uncomfortable, the application of cool compresses and Calming Skin Gel around eyes and on lips may be helpful. Some clients have benefited from certain antihistamines such as Benadryl.

The skin will be a frosted white color for the first few hours and then it will become pinker and eventually quite red. The skin will feel very tight and dry. This is normal.

Day Two - Same as the first day. Do very little to the skin, other than Post Balm and Drop of Essence-Hydration Drops. It will be darker in color and the skin will be drier and tighter. Try not to touch the skin and **do not pick!!!!**

Day Three-Seven - The skin will begin peeling. Cleansing with a mild non abrasive cleanser is recommended. Apply Regenerating Cream or other Epidermal Growth Factor formula twice a day (this is a very active topical and may sting when first applied to fresh new skin). ***DO NOT PICK OR TEAR AWAY LOOSE SKIN AS THIS MAY CAUSE SURFACE SCARRING!***

Make Up may be worn on day five. No Retinol, AHA, or harsh scrubs.
Do not expose skin to the sun - **WEAR AN SPF30 DAILY.**

RETURN IN ONE WEEK FOR A POST TREATMENT.

Call if you have any questions.

