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## Post-Peel Aftercare Instructions

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**To ensure optimal results and protect your skin after a medical-grade or chemical peel, please follow these aftercare guidelines carefully.**

- **Avoid sun exposure:** Protect your skin from direct sunlight. Always wear SPF 30 or higher.
- **Do not pick or peel:** Let flaking or shedding skin come off naturally to prevent scarring.
- **Stay moisturized:** Apply a gentle, non-comedogenic moisturizer multiple times a day.
- **Avoid active ingredients:** Skip products with retinol, AHAs, BHAs, and Vitamin C for 5–7 days.
- **Use cool compresses:** If skin feels warm or irritated, apply a clean, cool cloth for relief.
- **Keep skin clean:** Use a mild, non-foaming cleanser and pat skin dry with a soft towel.
- **No heavy sweating:** Avoid strenuous exercise or saunas for 48 hours post-treatment.
- **Follow-up:** Attend any recommended follow-up appointments to assess your results and discuss future treatments.

**Questions or concerns? Contact Newton Beauty at (617) 272-0151 or visit <https://newtonbeauty.com>**