



# Aftercare Instructions

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- For maximum exfoliation it is best to avoid **touching** or putting **anything** on the treatment area(s) for a period of 48 hours. This includes **water**, moisturizer, liquid-based makeup and sunscreen — **stay indoors**. If you must be outside for an extended period of time then apply SPF30 or higher sunscreen.\*
- 48 hours after your treatment return to your normal cleansing schedule using a non-acid based cleanser, pat dry and **apply SPF30 or higher sunscreen**.
- Continue to wear SPF30 or higher sunscreen daily for **2 full weeks after your treatment**, even if it is not sunny outside. Your skin will be very sensitive to UV rays and could easily be damaged by sun exposure without sunscreen.
- Avoid shaving the treatment area(s) for 48 hours.
- Avoid waxing or using hair removal (depilatory) creams on the treatment area(s) for 7 days.
- Avoid heavy sweating for 24-48 hours. Perspiration irritates the skin and may sting.
- You have been scheduled for a follow-up exfoliating treatment. At this appointment the detached resting layer (translucent scab) that will form will be gently removed to reveal the new, fresh skin.

415.515.5951 (Text/Voice)

\*If you feel that you need to begin washing the treatment area(s), wearing moisturizer, liquid-based makeup or sunscreen within the first 48 hours you may do so. However introducing moisture of any kind into the treatment area within the first 48 hours will encourage your skin to release less cells, which is counter-productive to the desired results.