



Lira Clinical Treatment Aftercare

To achieve the best results from your Lira Clinical Smart Peel, please follow these important aftercare guidelines:

Keep skin protected

Avoid direct sun exposure and wear a broad-spectrum SPF daily.

Avoid excessive heat, saunas, steam rooms, and hot baths for at least 48 hours after treatment.

Be gentle with your skin

Use only the skincare products recommended by your practitioner.

Cleanse gently using your fingertips only.

Avoid exfoliants, facial scrubs, washcloths, AHAs, BHAs, retinol, and other active ingredients for at least 7 days or as advised.

Do not pick or peel

Mild flaking or peeling is a normal part of the skin renewal process.

Allow any peeling skin to shed naturally. Picking can lead to irritation, pigmentation changes, infection, or scarring.

Avoid strenuous activity

Refrain from vigorous exercise, swimming, and activities that cause excessive sweating while the skin is healing.

Postpone other treatments

Avoid waxing, laser treatments, skin needling, dermaplaning, and additional peels until your practitioner advises it is safe to resume treatments.

What to Expect

You may experience:

Mild redness

Tightness or dryness

Flaking or light peeling

Temporary breakouts as cell turnover increases

These responses are normal and typically resolve as your skin progresses through the healing process.

Remember

Your post-treatment care is just as important as the peel itself. Following your aftercare instructions carefully will help maximise your results and support healthy skin renewal.