

Epiderma5 40% Glycolic Peel: Aftercare Instructions

Following your Glycolic Peel, your skin may feel tighter, appear slightly pink, and be more sensitive than usual. Proper aftercare is essential to achieve the best results and minimise the risk of irritation.

Immediately After Treatment

Apply SPF 40-50 daily, even on cloudy days.

Keep the skin hydrated using recovery balm

Drink plenty of water to support skin hydration and healing.

Follow any recommended homecare products prescribed by your practitioner.

Allow any skin shedding or flaking to occur naturally.

For 7 Days After Treatment

Avoid:

Picking, scratching, or peeling any flaking skin.

Facial scrubs, exfoliants, cleansing brushes, and abrasive products.

Retinol, Retin-A, tretinoin, vitamin A products, AHAs, BHAs, and other active ingredients unless advised by your practitioner.

Waxing, threading, electrolysis, or depilatory creams on the treated area.

Laser treatments, IPL, or other advanced skin resurfacing procedures.

Excessive heat, including saunas, steam rooms, hot tubs, and very hot showers.

What Can I Expect After My Peel?

It is normal to experience:

Mild redness

Tightness

Dryness

Mild sensitivity

Light flaking or peeling of the skin

Peeling does not always occur and is not an indication of treatment effectiveness. Some clients experience visible peeling, while others do not.

How Long Will My Skin Take to Recover?

Most skin settles within 3-7 days, although this can vary depending on individual skin type, sensitivity.

When Will I See Results?

Many clients notice:

Brighter skin

Improved texture

Enhanced radiance

Smoother complexion

Results often continue to improve over the following weeks as skin cell turnover increases.

Important Skin Protection Advice

Your skin will be more sensitive to UV exposure following a glycolic peel.

For at least 2 weeks after treatment:

Wear SPF 30-50 every day.

Reapply sunscreen when outdoors.

Wear a hat and seek shade whenever possible.

To Maximise Your Results

Use the recommended homecare products.

Stay hydrated.

Avoid smoking where possible.

Maintain regular treatments as advised.

Protect your skin with daily SPF.

Healthy, glowing skin starts with good aftercare. Protecting your skin and following the recommended advice will help you achieve the best possible results from your Epiderma5 Glycolic Peel.