

Epiderma5 Glycolic Peel: Pre-Treatment Preparation

To ensure your skin is properly prepared and to achieve the best possible results from your Epiderma5 40% Glycolic Peel, please follow these guidelines:

14 days Before Treatment

Discontinue the use of retinol, Retin-A, tretinoin, adapalene, and other vitamin A products

Avoid waxing, threading, electrolysis, depilatory creams, and laser hair removal in the treatment area.

Avoid aggressive exfoliation, facial scrubs, microdermabrasion, and other resurfacing treatments.

Use a broad-spectrum SPF 30+ daily and avoid excessive sun exposure.

7 Days Before Treatment

Stop using exfoliating skincare products containing:

Glycolic Acid

Salicylic Acid

Lactic Acid

Mandelic Acid

Fruit acids (AHAs)

Benzoyl Peroxide

Tanning Lotion Products

Keep your skin well hydrated with a gentle moisturiser.

Increase water intake to support skin hydration.

On The Day Of Your Appointment

Arrive with clean skin free from makeup if possible.

Inform your practitioner of any medications, recent skin treatments, allergies, or changes to your health.

Let your practitioner know if you have experienced cold sores, skin infections, or skin sensitivity.

Ensure you are not experiencing any active irritation, cuts, open wounds, or sunburn in the treatment area.

This Treatment May Not Be Suitable If You Have:

Active skin infections.

Open wounds or broken skin.

Severe eczema, dermatitis, or psoriasis in the treatment area.

Recent sunburn.

Recent use of isotretinoin (Roaccutane®) unless medically cleared.

A history of abnormal scarring or certain skin conditions.

A full consultation and skin assessment will be carried out before treatment to ensure the peel is safe and suitable for your skin.

Important

Results from a glycolic peel are enhanced when the skin is properly prepared. Following these pre-treatment guidelines helps reduce the risk of irritation and supports a smoother, more even result.