



Post Treatment– Chemical Peel / Micro-needling

Aerobic exercise or vigorous physical activity should be avoided for the first 48 hours.

Direct sunlight exposure is to be completely avoided immediately following the treatment (including any strong UV light exposure and tanning beds). If some sun exposure cannot be avoided, first apply sunscreen with an SPF of 30 or greater. Sunscreen (with at least a SPF of 15) should become a part of your daily skin care regimen as your skin will become more sensitive to the sun as a result of this treatment.

Cleanse your face with water or a mild soap substitute such as examples: Cetaphil, CeraVe and Sebamed.

Gently moisturize your face using examples: Cetaphil, CeraVe and Sebamed two times daily.

Do NOT apply any type of glycolic acid or exfoliation products as this can severely damage or irritate the skin during the entire healing process.

DO NOT peel, rub, or scratch your skin at anytime, whatsoever. This WILL cause damage and compromise your results as well as possibly cause severe scarring.

If you experience painful areas of the face, call or text your skin care therapist immediately, especially if you are prone to cold sores. Any blisters that form will need to be reported immediately.

Concerns or Reactions: Call or text the office during normal hours and temporarily discontinue all products. Rub ice cubes on the skin in a circular motion for two minutes every hour and pat dry. Allergy is rare and symptoms usually disappear in a day or two. We are here for you and any issues that may result from our facial treatments as all skin types and allergies differ.

Additional instructions: _____

Name (printed): _____

Signature: _____ Date: _____

Technician: _____ Date: _____