

Post Treatment Expectations & Care



For best results and optimal skin health, all home care instructions provided must be followed after receiving a professional resurfacing procedure.

Post Treatment Expectations:

- What you can expect after your procedure is ultimately determined by the depth of the treatment, the condition of your skin, and how well you care for and protect your skin after the procedure.
- Quite often people expect to see visible exfoliation and shedding after any “peel” or professional exfoliating treatment. This is more common after advanced procedures.
- Lack of shedding is NOT an indication that the procedure was unsuccessful. Many times, exfoliation occurs at a cellular level and not visible to the naked eye. In any case you are still receiving all the benefits of your treatment such as improvement of skin tone and texture.

It is impossible to pre-determine how much shedding may occur:

- After superficial treatments there may be some mild flaking for a few days or light surface shedding for up to one week.
- After advanced procedures heavy shedding may occur and may last up to one week.
- To aid the healing process and minimize visible shedding, keep skin well hydrated and protected all throughout the day.

Please follow all post care instructions listed below to ensure an optimal outcome.	
Post Care Instructions	Continue to use post care products as instructed until all shedding is complete.
	Daily use of recommended sun protection product is mandatory.
	Avoid direct sun exposure and any direct source of heat for at least 48 hours after treatment.
	Avoid excessive sweating and strenuous exercise until all shedding is complete.
	When cleansing, do not scrub or use a wash cloth.
	DO NOT pick, pull, peel, or scratch shedding skin as this may cause injury or scarring.
	Male patients: Shave very gently in the direction of hair growth. Do not shave closely and do not shave on any shedding or abraded areas.
	You may return to your normal activities and skin care regimen when all shedding is complete and skin has completely healed. Continued use of daily sun and environmental protection is essential.

Post Treatment Home Care

Day 1: (treatment day): _____

Starting Day 2:

*Superficial Procedures: _____

*Advanced Procedures: The following products may be used daily until all shedding is complete:

AM

1. BIO Enzyme Cleanser
2. BIO Hydra Infusion
3. BIO Recovery Balm (discontinue when shedding is complete)
4. SPF Solar Shield 30 or BB Crème

PM

1. BIO Enzyme Cleanser
2. BIO Hydra Infusion
3. BIO Caviar Crème
4. BIO Recovery Balm (discontinue when shedding is complete)

NOTE: Until shedding is complete, reapply BIO Recovery Balm all throughout the day (as soon as skin feels dry/tight) for optimal healing and protection. For easy daytime application, mix with the SPF Solar Shield 30 or BB Crème and then apply.

	DAY 1	Day 2	Day 3	Day 4	Days 5-7
Advanced Procedures: What to Expect (individual results may vary)	*Immediately after: temporary redness, stinging, or warm flushing *Next few hours: feels tight, like a mild sunburn	*Feels tighter, may become thick and start to flake *Dark spots may appear darker *Mild to moderate erythema & edema	*Feels very tight *Heavy shedding begins starting around mouth, nose, and chin.	*Heaviest shedding occurs *May feel highly sensitive to product application (and even water)	*Shedding typically completes, ending around the hairline and under jaw.

Contact us immediately with questions/concerns:

Next appointment:

Phone: _____

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Date: _____ Time: _____