

# pro power peel post-care instructions

What you do after your peel is just as important as the peel itself. Taking good care of your skin will help it recover more quickly (and will help you get the best results possible)!

To optimize your recovery, follow your skin therapist's instruction and recommendations to the letter.

## post-peel tip

Everyone's skin is different – and every peel is custom-made just for you! Peeling and recovery times are always approximate, and will vary based on the treatment you received.

## what to expect after your peel

Skin may feel tight for several days.

Flaking may begin after 1-3 days;  
this usually subsides within 7-10 days.

skin therapist contact information \_\_\_\_\_





## pro power peel post-care instructions

Follow the instructions below for [x days] after your peel.  
If you have any concerns or adverse reactions, let your skin therapist know right away.

- **Follow** your skin therapist's post-care instructions.
- **Wear sunscreen every day** (minimum SPF 30)!
- **Avoid strenuous activity for 24 hours**, along with any activity that could increase circulation to your face. (This can cause redness, discomfort and other side effects.)
- **Avoid excess heat sources** like saunas, steam rooms or direct sunlight.
- **Don't wax or exfoliate for 72 hours**, or until treated skin shows no signs of sensitivity.
- **Don't pick or peel** at scabs, blisters, or loose skin; it can cause scarring.
- **Avoid direct sunlight** for 2-3 weeks.