



YOUTHFUL YOU

AESTHETICS & ACADEMY®

CHEMICAL PEEL

Post-Treatment Guidelines

- **Redness & Peeling:** Redness, peeling, and flaking are normal for 3-7 days. Do not pick at your skin to avoid scarring or infection.
- **Avoid Sun Exposure:** Protect your skin from the sun for 2 weeks post-treatment and continue using sunscreen (SPF 30+).
- **No Makeup for 24 Hours:** Do not apply makeup for at least 24 hours after treatment.
- **Gentle Skincare:** Use a gentle cleanser and avoid exfoliants, retinoids, or active products for 7-10 days, or as directed by your provider.
- **Moisturize & Hydrate:** Apply a medical-grade moisturizer to keep your skin hydrated and drink plenty of water.
- **Avoid Heat & Sweating:** Avoid saunas, hot tubs, and strenuous exercise for 48-72 hours post-treatment.
- **No Additional Treatments:** Avoid facials, waxing, laser treatments, or other procedures for at least 2 weeks.
- **Monitor Healing:** If you notice severe redness, blistering, swelling, or signs of infection (pus or warmth), contact your provider.
- **No Picking or Scratching:** Allow your skin to heal naturally; avoid touching or scratching the treated area.

Disclaimer: These instructions are provided to ensure optimal treatment results and reduce the risk of complications. **Failure to follow the guidelines may result in undesirable outcomes.**

call or text: (587) 855-4558

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What to Expect

- **Immediate Effects:** You may see an improvement in skin texture and tone right after treatment, but full results will develop over 1-2 weeks.
- **Peeling Duration:** Peeling can last 3-7 days, depending on the type of peel.
- **Final Results:** Over several weeks, expect clearer, smoother, and more youthful skin as collagen production improves.
- **Contact Provider:** For excessive swelling, pain, or signs of infection, contact your provider immediately at (587) 855-4558 or email info@youthfulyou.ca.



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