

## CHEMICAL PEEL

## Post-Treatment Guidelines

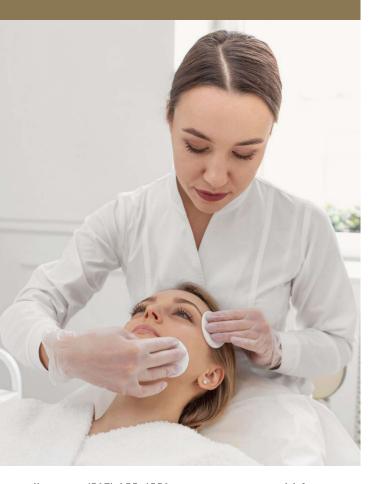
- Redness & Peeling: Redness, peeling, and flaking are normal for 3-7 days. Do not pick at your skin to avoid scarring or infection.
- Avoid Sun Exposure: Protect your skin from the sun for 2 weeks post-treatment and continue using sunscreen (SPF 30+).
- No Makeup for 24 Hours: Do not apply makeup for 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 posttreatment.
- 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.** 

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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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