



CLERMONT HEALTH AESTHETICS

CHEMICAL PEEL

Pre-Treatment Advice



Thank you for choosing Clermont Health for your chemical peel treatment!

Following your peel, your skin will be undergoing a renewal process. Here's what to expect and how to care for your skin to optimise healing and minimise potential side effects:

What to Expect After Treatment:

- **Temporary discomfort:** The treated area may feel hypersensitive, tight, dry, red, and swollen for 3-5 days.
- **Skin peeling:** Peeling typically begins 3-5 days after treatment and can vary in intensity. Peeling usually starts in the center of the face and moves outwards, lasting up to 2 weeks.
- **Absence of peeling:** In some cases, particularly with regularly exfoliated skin, peeling might not be as visible. This doesn't necessarily mean the treatment wasn't effective.

Potential Side Effects:

While generally mild and temporary, some may experience:

- Increased redness, swelling, or peeling
- Variations in pigmentation
- Brief burning sensation during application

Important Aftercare Tips:

Since exfoliation causes thinning of surface layers of skin, it is important to care for the skin during the days following the peel in order to avoid any side effects.

- **Sun Protection is Crucial:** Avoid sun exposure and artificial tanning for 2-4 weeks after treatment. Daily use of broad-spectrum SPF 30 or higher sunscreen is essential.
- **Gentle Cleansing:** During the healing phase, skip harsh scrubs, exfoliants, or abrasive cleansing methods. These can irritate your newly sensitive skin.
- **Hydration is Key:** Apply moisturizer twice a day or even more frequently to soothe dryness and reduce peeling visibility.
- **Makeup on Hold:** Wait at least 24 hours before applying makeup. Mineral makeup is generally gentler on post-peel skin.
- **Resume Skincare Gradually:** Wait 1-2 weeks before reintroducing alpha hydroxy acids or retinoic acid products to your skincare routine.
- **Let Your Skin Heal Naturally:** Do not pick or pull at any peeling skin or scabs. Allow them to fall off naturally to avoid scarring.
- **Limit Water Activities:** Avoid hot baths, swimming pools, and saunas for 2 weeks.
- **Pain Management:** Pain is uncommon but can be managed with over-the-counter pain relief medication like paracetamol. Cold compresses applied for 15 minutes several times a day can also help soothe discomfort.
- **Hair Removal on Hold:** Avoid electrolysis, waxing, and depilatory creams for two weeks after treatment.



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Optimising Results:

For optimal results, a series of 4-6 treatments spaced 2-3 weeks apart may be recommended.

We are here for you!

If you experience any concerns or have questions following your treatment, please don't hesitate to contact Clermont Health. We are committed to your satisfaction and well-being.

We wish you a smooth and successful recovery!