



CLERMONT HEALTH AESTHETICS

CHEMICAL PEEL

Pre-Treatment Advice



Welcome and thank you for choosing Clermont Health for your chemical peel treatment!

A chemical peel is a non-surgical procedure that uses a chemical solution to gently exfoliate the top layers of your skin, improving the appearance of photo-aging, fine lines and wrinkles, hyperpigmentation and more. To ensure optimal results, minimise risks, and experience a smooth recovery, here are some essential pre-treatment steps:

Priming is Key (2-4 Weeks Before)

- Follow your doctor's instructions: They will prescribe topical products to prepare your skin for the peel and maximize its effectiveness.
- Avoid certain medications: Discontinue isotretinoin or retinoids for at least 6 months prior to treatment, unless otherwise advised by your doctor.
- Prepare the treatment area: Ensure the area is free of open wounds, lesions, or infections.
- Minimise sun exposure: Avoid tanning and direct sun exposure for at least two weeks before the peel.
- Hydrate from within: Drink plenty of water (1.5-2 litres a day) in the 48 hours leading up to your appointment.

Who May Not Be Suitable for This Treatment:

- Individuals with active infections, open wounds, sunburns, or active cold sores.
- Those with active skin conditions like psoriasis, eczema, dermatitis, or rosacea.
- People with known allergies to the peel ingredients.
- Pregnant or breastfeeding women.
- Individuals with darker skin tones.
- Those prone to scarring or hyperpigmentation.
- People who have used certain skincare products in the past 48 hours, including:
 - Isotretinoin or retinoid treatment
 - Products with ascorbic acid
 - Bleaching or lightening agents
 - Other acid-based products
- Those who have recently undergone:
 - Surgery, laser treatment, or dermabrasion in the treatment area
 - Radiotherapy in the treatment area (consult your doctor)

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.



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Potential Side Effects:

- While generally mild and temporary, some may experience:
 - More intense redness, swelling, or peeling
 - Variations in pigmentation
 - Brief burning sensation during application

Post-Treatment Care:

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. Detailed aftercare instructions will be provided, including:

- Sun protection: Avoid sun exposure and artificial tanning for 2-4 weeks after treatment. Daily use of broad-spectrum sunscreen (SPF 30 or higher) is essential.

Treatment Frequency:

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

**We are committed to providing you with a safe and effective experience.
If you have any questions or concerns, please don't hesitate to ask!**