

SKIN PEEL POST TREATMENT ADVICE

Reactions from treatment:

Reactions from treatment include: skin redness and flushing, peeling, dryness, irritation, tightness, itching, tenderness, accentuated lines & wrinkles due to dryness, stinging and swelling.

Effects will usually typically resolve within hours and many people are able to return to their normal activities the same or next day. Some people may react differently and may experience these reactions for longer. However, these reactions are temporary and typically resolve within 3-7 days as the skin returns to normal.

There is a small risk of side effects causing the skin to turn very red, blister, swell, peel and later scab and crust. In severe cases infection and ulceration may result, although this is not expected to occur due to the sterility of the procedure and the minimally invasive nature of the peel.

There is a small risk that hyperpigmentation of the skin can occur after the procedure, although this is not normally expected due to the superficial type of peel used. Failure to follow the advice detailed below can increase this risk.

Post Treatment Advice:

- The skin may peel or flake but refrain from touching, picking or pulling at any loose skin as this may compromise results.
- The skin can be cleansed with a gentle cleanser with warm / tepid water but the use of soap should be avoided until the skin normalises. Do not scrub. Pat to dry only.
- Avoid the use of benzoyl peroxide or glycolic acid facial skin products during the healing process.
- Avoid facial products containing fragrance for 5-7 days after treatment as these may irritate the skin.
- Avoid the use of exfoliants, further peeling agents, retinoids, retinols and vitamin A products for 5-7 days after treatment.
- Refrain from saunas, sunbed, steam baths and hot showers for 24 hours.
- Avoid high impact aerobic exercise or vigorous physical activity for 24 hours after treatment. Avoid intensive sun exposure, tanning booths or extreme weather conditions for 2 weeks.
- Use daily sunscreen protection with a minimum of 30 SPF for at least 2 weeks after treatment.
- Avoid electrolysis, depilatory creams, waxing and laser hair removal for a minimum of 7 days after treatment.
- Avoid strong chlorinated water (swimming or cleaning) for approximately 14 days.
- Use of an intensive moisturiser is advised for at least a week as skin may feel drier or tighter after treatment.
- Mineral make-up can be applied once skin has settled.
- Any concerns should be reported to your practitioner as soon as possible.

CLINICARE®

CUTTING EDGE COSMECEUTICAL FORMULA

Recommended skin care in between skin peel sessions:

Daily application of a gentle skin care is highly recommended following the procedure for the acceleration of regenerative processes and consolidation of procedure results. Follow the directions of your practitioner.

We recommend CLINICARE's Home Care range to achieve the most from your CLINICARE treatment. Please see details for the 3 home care ranges below.

GLOW Range for hyperpigmentation, age spots and dull tired skin

Young skin

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Morning: Tone skin with **X3M EGF Glow Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, **X3M EGF Glow Essence** on face, and on top of that apply **Sun Shield Cream SPF30**
- Evening: Tone skin with **X3M EGF Glow Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, and **X3M EGF Glow Serum** on face

Mature skin

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Morning: Tone skin with **X3M EGF Glow Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, Apply **X3M EGF Glow Serum**, and on top of that apply **Sun Shield Cream SPF30**
- Evening: Tone skin with **X3M EGF Glow Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, **X3M EGF Glow Essence** to face, and on top of that apply **X3M EGF Glow Serum**

PURE Range for sensitive, irritated and inflamed skin

Young skin

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Morning: Tone skin with **X3M EGF Pure Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, **X3M EGF Pure Essence** on face, and on top of that apply **Sun Shield Cream SPF30**
- Evening: Tone skin with **X3M EGF Pure Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, and **X3M EGF Pure Serum** on face

Mature skin

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Morning: Tone skin with **X3M EGF Pure Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, Apply **X3M EGF Pure Serum**, and on top of that apply **Sun Shield Cream SPF30**
- Evening: Tone skin with **X3M EGF Pure Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, **X3M EGF Pure Essence** to face, and on top of that apply **X3M EGF Pure Serum**

REFRESH Range for fines lines, wrinkles and dehydrated skin

Young skin

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Morning: Tone skin with **X3M EGF Refresh Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, **X3M EGF Refresh Essence** on face, and on top of that apply **Sun Shield Cream SPF30**
- Evening: Tone skin with **X3M EGF Refresh Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, and **X3M EGF Refresh Serum** on face

Mature skin

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Morning: Tone skin with **X3M EGF Refresh Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, Apply **X3M EGF Refresh Serum**, and on top of that apply **Sun Shield Cream SPF30**
- Evening: Tone skin with **X3M EGF Refresh Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, **X3M EGF Refresh Essence** to face, and on top of that apply **X3M EGF Refresh Serum**