

## Chemical Peel Post-Care

You have just received an AlumierMD skin treatment. Due to the nature of these treatments, you should not necessarily expect to “peel”. However, you may have light to moderate flaking in a few localized areas for 3 to 7 days. You may also experience residual redness, which lasts in most patients from 1 to 12 hours. It is recommended that you do not apply makeup the day of treatment. It is ideal to allow the skin to stabilize and rest overnight. It may take 2 or more treatments to target the deeper layers of skin to loosen and “peel”. In order to obtain maximum results and avoid complications please follow the post-peel instructions listed below:

- Only use the products provided to you in your post-procedure kit for 5 to 7 days.
- Do not cleanse your skin on the evening of your peel.
- Do not pick or pull any flaking skin.
- Do not tan or use a tanning booth for at least 14 days post peel.
- Do not have electrolysis, waxing, threading or any other form of hair removal for 7 days post peel.
- Do not use facial scrubs or mechanical forms of exfoliation for 14 days post peel.
- Do not use retinoic acid, AHA or BHA for 14 days post peel.
- Do not apply ice or ice water on the treated area.
- Do not have laser hair removal, photofacials, chemical peels or microdermabrasion for 14 days post peel.
- Do not use hot tubs, steam rooms, saunas, and/or excessively hot showers for 2 days post peel.
- Do not go swimming for 2 days post peel.
- Do not participate in aerobic exercise for 2 days post peel.

You will be given a Post Peel Kit, which contains SensiCalm cream cleanser, Hydrating Recovery Balm and Sheer Hydration Broad-Spectrum Sunscreen SPF 40 Untinted. If you have any questions regarding your treatment, don't hesitate to contact us.