

# Pre and Post Care Instructions



## **PREPARATION FOR A PEEL TREATMENT**

You will be having a skin treatment on the day of your appointment. Please follow the instructions below to prepare:

- Use of AlumierMD homecare products prior to your peel are recommended to prepare the skin, allow for better treatment results, and reduce your risk of complications. Please consult your physician or skin care professional for appropriate recommendations for your skin type and condition.

It is recommended that you take the following into consideration:

- For best results and to reduce the risk of complications, it is recommended that you use AlumierMD homecare products for 10-14 days prior to treatment.
- If you are lactating, pregnant, or may be pregnant, consult with your physician before receiving any treatment.
- Avoid sun exposure and tanning beds for at least two weeks prior to treatment.
- Avoid the use of retinoid products (e.g. retinol, Retin A, Tazorac) and high levels of AHA and BHA products approximately 7 days prior to treatment. Consult your physician before temporarily discontinuing the use of any prescription medications.

AlumierMD skin treatments result in minimal to no downtime but create dramatic and visible results. Treatments may cause slight redness, tightness, peeling, flaking or temporary dryness. Most patients do not find it necessary to apply make-up, as the skin will be smooth, dewy, and radiant following your treatment.

## **POST PEEL SKIN TREATMENT TIPS:**

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 localised areas for 3-7 days. You may also experience residual redness, which lasts in most patients from 1-12 hours. It is recommended that you do not apply make-up the day of the treatment. It is ideal to allow the skin to stabilise and rest overnight. However, make-up can be applied, if necessary. Tonight, your skin will feel tight and “pulled”. Although you may or may not actually “peel”, it is likely that you will experience a light “exfoliation”. It may take 2 or more treatments to target the deeper layers of the skin to loosen and “peel”. To obtain the maximum results and avoid complications, please follow the post-peel instructions listed below for approximately 5-7 days:

**Avoid direct sun exposure and excessive heat.**

Only use the following skin care products for 5-7 days post treatment:

A.M. ROUTINE

STEP 1: SensiCalm Cleanser

Step 2: Rescue Balm Pro

Step 3: Clear Shield Broad Spectrum SPF 40 Sunscreen

P.M. ROUTINE

STEP 1: SensiCalm Cleanser

Step 2: Rescue Balm Pro

Discontinue use of any products that irritates your skin and contact your skin care professional.

**Important: keep your skin hydrated. Hydration is key to healing.**

**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 any electrolysis, waxing, threading, or any other form of hair removal for 7 days post treatment.

**DO NOT** use a facial scrub or mechanical forms of exfoliation for 14 days post peel.

**DO NOT** use retinoic acid, AHAs or BHAs for 14 days post peel.

**DO NOT** have laser hair removal, photofacials, chemical peels or microdermabrasion for 14 days post peel.

**DO NOT** apply ice or ice water on the treated area.

**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.

**For questions or concerns, please call your service provider.**

**In case of emergency such as allergic reaction, please proceed to the nearest emergency room.**

If you are experiencing problems or have any concerns, please contact us on 01707 662477.