



## Chemical Peel Aftercare Instructions

After care is very important for skin's good healing and result.

1. Wash your face twice a daily with a gentle cleanser using your fingers only. Do not rub, scrub, use a wash cloth or a Clarisonic brush.
2. Must keep skin hydrated with moisturizer; apply a few times a day if needed.
3. Do not pick or rub the dead/flaky skin off. In addition, when you wash your hair, ensure your face is not directly under the shower stream. Too much water will cause your skin to peel prematurely and leave you with red sore areas.
4. Do not go out in the sun at all while peeling. After the peel, continue to avoid sun exposure to the treatment areas and apply a broad spectrum sunblock with SPF minimum of 30. Apply it at least 30 minutes prior to sun exposure and repeat after every two hours of sun exposure.
5. Avoid sitting in saunas and Jacuzzis, as well as strenuous exercise. Sweating will make your face sting and cause to peel too soon.
6. Increase your water intake would help the healing process and result.
7. Try to sleep on your back to avoid rubbing the skin off your chin or cheek area prematurely.
8. You can return to regular skin care products after one to two weeks, depending on the type of chemical peels. Mineral makeup maybe applied the following day.
9. Avoid waxing, Botox, injectable fillers or any other skin care treatment 10 to 14 days after treatment.
10. If your skin becomes painful, swollen, red or inflamed, please notify us, as this may represent an infection or allergic reaction that may require treatment.

317-688-7275

[www.invigoratespa.com](http://www.invigoratespa.com)

Thank you for choosing Invigorate Spa!