

WHAT SHOULD I EXPECT AFTER MY

Peel?

When peels are done correctly by a professional and the right solution is used for your skin type, you should see really good results with minimal discomfort and downtime. Below are the top 10 things you should expect after your peel.

SIDE EFFECTS ARE COMMON, BUT THEY SHOULD BE MILD & SHORT-LIVED

There's a common misconception that peels are really painful or the side effects are severe. Each person will react differently to skin treatments of all kinds, but for the most part, the side effects following peels should be mild and healing should be completed within two weeks.

A common recovery timeline may look like:

- First few hours – you'll notice some redness, tingling, or burning
- First few days – you may notice some dryness, irritation, and mild swelling
- Two to Three days – your skin may look flaky or peel, and discolorations or imperfections may temporarily be more noticeable
- Three to four days – you may breakout or notice skin looks tan or slightly darker than usual
- Five to seven days – all side effects should start to subside, and your skin should begin to look and feel "normal"
- Seven to fourteen days – you'll see the formation of healthy, new skin, but you may notice some redness or skin that is darker or lighter than usual for up to a month

YOUR SKIN WILL PEEL

It is called a peel for a reason. The is applied to peel away the existing layer of skin. After three to five days, you'll start to see the skin peeling away. This should be similar to how your skin flakes away after a sunburn. You should gently remove the flakes when cleaning your face, but avoid pulling or picking at the peeling skin as this can cause irritation and increase the risk for infection.

ONE TREATMENT IS GREAT, BUT MULTIPLE PEELS DELIVER MAXIMUM RESULTS

Many people think they'll achieve the results they want after just one peel. It usually takes several treatment sessions to see the desired outcomes. You may notice some improvement after your first peel, but with multiple treatments over the span of several months, you will be astonished by how much better your skin looks.

YOU MAY NEED TO SKIP THE COSMETICS FOR AWHILE

For the first 1-2 weeks, you should not use any makeup. Chemicals and other substances in cosmetics can unnecessarily irritate the skin and prolong the healing process.

CONTACT US IF YOU HAVE ANY QUESTIONS OR CONCERNS

While most people have very mild reactions following peels, it's important to pay close attention throughout your recovery period and let us know right away if you notice signs of infection or have other concerns. This also gives us a chance to check progress and adjust ongoing treatment plans.

ADJUST YOUR SKINCARE ROUTINE & FOLLOW OUR INSTRUCTIONS

The body's natural healing process is the reason peels are so effective at improving skin's appearance, so it's essential to allow your skin to heal after treatment. We work with you to plan ahead for your aftercare, including making product recommendations based on skin type for cleansing, moisturizing, promoting cell turnover, and of course, protecting healing skin from sun damage.

The basics include:

- Let the product work – You'll start to see some dryness and other changes to your skin within the first few hours of application. To allow the product to work and avoid unnecessary skin irritation, you should avoid other skincare for the first 24 hours after your peel.
- Stay hydrated – As your skin is drying out and peeling away, it's even more important to maintain hydration from the inside out by drinking plenty of water.
- Don't pick at it – We know the dry, flaky skin is just begging to be pulled off, but try not to scratch, pull, or pick at your skin. This can increase the risk of scarring, and oils and germs transferred from the hands can lead to infection.
- Gently clean skin – After the first day, you should start washing your face in the morning and evening, using cool water and a gentle cleanser.
- Moisturize – Apply moisturizer at least twice a day to promote the healing process and protect the skin.
- Skip the exfoliant – peels are exfoliating, so you don't need to use any exfoliant for the first week after treatment. That includes avoiding the use of exfoliating brushes and scrubs as well as cleansers or toners that contain an exfoliant.

DON'T SKIP THE SUNSCREEN!

Sunscreen is a must every day, but following a peel, sun protection is even more essential. The skin is more sensitive to damage from the sun's UVA/B rays. You should avoid exposure to the sun immediately after your treatment, and apply a broad-spectrum sunscreen with an SPF of 30 or higher before going outdoors. Additionally, keeping the treated area physically shielded from the sun by wearing hats, scarves, or other coverings will further protect your skin after your peel.

AVOID HIGH TEMPERATURES & OVEREXERTION

To combat potential side effects like redness, tingling, and post-inflammatory hyper-pigmentation, you need to keep your skin cool. That means limiting time outdoors, taking cooler showers or baths, and avoiding overexerting yourself during exercise. In most cases, you can return to your regular routine after the first two weeks.

YOU MIGHT BREAK OUT

Many clients receive peels to help improve the appearance of acne scars or combat the symptoms of adult acne, so when they hear that they may break out after their peel, it's upsetting. Unfortunately, the combination of larger amounts of dead skin and inflammation from the procedure can lead to pimples. We know how frustrating it can be, but after this initial breakout, the skin should clear up within just a few days and look healthier.

BE PATIENT – TRUE RESULTS TAKE TIME

Please remember that changes to the skin take a long time to accumulate, so it shouldn't be surprising that it takes time to correct irregularities and damage. Cosmetic procedures do not restore youth overnight. The results of your peel treatment plan will depend on the time you invest and your commitment to consistent treatment and at-home care. Be patient. If you're concerned that a peel hasn't had the desired effect, contact us or ask about your results during your follow up visit.

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