

Clinicare Chemical Peels Pre & Post Care Information & Contraindications

**CONTRAINDICATIONS:**

-Active cold sores, herpes simplex in the area to be treated

-History of keloid scarring

-Pregnancy/Breast Feeding/Trying for a baby

-Aspirin allergy (due to the salicylic content)

-Chemical allergies

-Current use of Antibiotics (please contact us before your appointment)

-History of radiation therapy in the area to be treated

-Skin Cancers

-Rosacea - if inflamed

-Skin Infections

-Pre-existing inflammatory dermatoses (eg, psoriasis, atopic dermatitis, pemphigus)

-Oral retinoids (Roaccutane) 6 months off medication before peels

-No skincare prep, i.e., using active ingredients such as AHA/BHA or Vit A at home

-Open wounds on the area to be treated

-The use of sunbeds

Smoking:

Patients must understand the necessity for smoking cessation. The dynamic action of puffing can worsen perioral rhytides, and the chemicals in the smoke can cause enzymatic reactions that weaken the skin and cause further wrinkling around the mouth and eyes.

**PRE-TREATMENT ADVICE:**

-Stop Retin-A (retinoids) products for a week before your appointment.

-Avoid facial laser treatments for 4 weeks before a peel.

-Avoid having any sort of chemical peel or microdermabrasion treatment within 2 weeks of your appointment unless supervised by your practitioner.

-No waxing, electrolysis, depilatory creams or shaving for a week prior to your appointment.

-There must be at least a 2-week gap between treatment and Injectables including Fillers, Muscle inhibitors and Derma needling treatments.

-Steroid creams, topical and oral antibiotics, and the use of Roaccutane will prevent treatment.

-Please advise us of any medical changes before your appointment including pregnancy and breast feeding.

**POST TREATMENT ADVICE:**

-Following the peel, the patient’s skin may be slightly dry and red for 1 to 2 days.

- Mild peeling may start to occur within 48 hours and last 2 to 5 days.

-The patient should not speed the peeling process with any physical exfoliation but should treat the skin very gently during this time.

-You may experience tingling, itching, tenderness, stinging, these temporary skin responses will typically subside 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 reactions for longer. However, these reactions are temporary and usually resolve within 3 to 7 days as the skin returns to normal.

-Although rare, there is a small risk of side-effects including swelling, blistering, and crusting or for mild acne breakout. 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 skin discolouration 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.

-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, warm water & KC Cloth. Do not scrub.

-Avoid the use of benzoyl peroxide or any AHA/BHA acids for a week post treatment.

-Avoid facial products containing fragrance for 5 to 7 days after treatment as these may irritate the skin.

-Avoid the use of exfoliants, further peeling agents & vitamin a product for a week post treatment.

-Refrain from saunas, steam baths and hot showers for a minimum of 48 hours.

-Avoid high impact. aerobic exercise or vigorous physical activity for 24 hours after treatment. Avoid intensive sun exposure, tanning booths & extreme weather conditions for two weeks.

-Avoid electrolysis, depilatory creams, waxing and laser hair removal for a minimum of a week after treatment.

-Avoid chlorinated water for two weeks post treatment

-The use of an intensive moisturiser as advised for at least a week as the skin may feel dry & tight after the treatment. My recommendations: iS Clinical Sheald or Medik8 Ultimate Recovery Intense.

-Mineral make up can be applied when the skin has settled.

You MUST follow the above information. If you show up to your appointment and are unable to have the treatment due to not following the above advice you will still be charged the full price of the treatment.

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