



CLINICCARE CHEMICAL PEEL

CONTRAINDICATIONS

- Active cold sores, herpes simplex in the area to be treated.
 - History of keloid scarring.
- Pregnancy/Breast Feeding
 - Aspirin allergy
 - Chemical allergies
 - Antibiotics
- History of radiation therapy in the area to be treated (please make me aware)
 - Skin cancers
 - Rosacea - if inflamed.
- Skin Infections - Pre-existing inflammatory dermatoses (e.g psoriasis) -
Open wounds on the area to be treated.



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PRE TREATMENT

- Stop Retin-A (retinol etc) products for a week before your appointment
- 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 at each appointment including pregnancy and breast feeding.



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POST TREATMENT

- Mild peeling may start to occur within 48 hours and last 2 to 5 days.
- Do not speed the peeling process with any physical exfoliation, 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
- The skin may peel or flake but refrain from touching, picking, or pulling at any loose skin as this may compromise results



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POST TREATMENT

- The skin can be cleansed with a gentle cleanser, warm water & clean towel.
- Do not scrub
- Avoid the use of benzoyl peroxide or any AHA/BHA acids during the healing process.
- 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 after treatment
- Refrain from saunas, steam baths and hot showers for 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.
- The use of an intensive moisturiser as advised for at least a week as skin may feel dry & tight after the treatment.