

# PRE / POST CARE COSMECUTICAL PEELS

## RECOMMENDED TREATMENT PLAN

- Every 4 weeks       Every 6 weeks
- .....
- .....



Your next appointment is on: .....

## ADDITIONAL TREATMENT RECOMMENDATIONS

- Intensive facial treatment     IPL/Laser skin rejuvenation     Skin needling  
 Hydro/micro-dermabrasion       LED Light therapy
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## PRE-TREATMENT CARE

- To prepare your skin, you must begin this process 2 weeks prior to the treatment day
  - Cleanse skin morning and night with product as recommended by your therapist
  - Apply anti-oxidant or age defence serum, moisturiser, SPF 50+ on clean skin in the morning •
  - Apply AHA serum every night or every second night according to the advice from your therapist
  - At the end of the 7 day period, exfoliate with gentle facial exfoliant
  - NOTE: All use of active skincare ingredients must stop 7 days before your cosmeceutical peel treatment including those above In addition;
  - Avoid use of Accutane (isotretinoin) 6 months prior to treatment
  - Avoid use of Cosmeceutical Retinol/ Vitamin A, AHA's and BHA's for 1 week prior to treatment
  - Avoid use of Prescribed Retinol/ Vitamin A for 2 weeks prior to treatment
  - Avoid use of acne creams on the treatment area 4 weeks prior to treatment
  - Avoid unprotected sun exposure for 2 weeks prior to treatment
  - Avoid artificial tanning agents and spray tanning for 2 weeks prior to treatment
  - Avoid IPL/ laser treatments (in the treatment area) for 4 weeks prior to treatment
  - Avoid waxing, depilatory creams, or electrolysis to the area being treated for at least 2 weeks prior to treatment
  - Avoid Botox or fillers for 2 weeks prior to treatment
  - Avoid cosmeceutical peels and Laser/ IPL skin resurfacing treatments for 4 weeks prior to treatment
  - Avoid normal facial (in the treatment area) for 2 weeks prior to treatment
  - Avoid Microdermabrasion treatments (in the treatment area) for 4 weeks prior to treatment.
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## POST TREATMENT CARE

- Avoid hot showers for 24 hours
  - Avoid excessive exercise / gym for 24 hours
  - Avoid activity that raises body temperature for 24 hours
  - Avoid heat treatments / saunas / baths for 24 hours
  - Avoid the use of cosmeceutical Retinol/ Vitamin A, AHA or BHA on the treatment area 1 week after treatment
  - Avoid the use of prescribed Retinol/ Vitamin A on the treatment area 2 weeks after treatment
  - Avoid the use of acne creams on the treatment area 1 week after treatment
  - Avoid unprotected sun exposure for 2 weeks after treatment
  - Avoid sun exposure for 24 hours after treatment
  - Avoid artificial tanning agents and spray tanning for 2 weeks after treatment
  - Avoid IPL/ laser treatments (in the treatment area) for 4 weeks after treatment
  - Avoid waxing, depilatory creams, or electrolysis to the area being treated for at least 4 weeks after treatment
  - Avoid Botox or fillers for 2 weeks after treatment
  - Avoid cosmeceutical peels, skin needling and Laser/ IPL skin resurfacing treatments for 4 weeks after treatment
  - Avoid normal facial treatments (in the treatment area) for 2 weeks after treatment
  - Avoid Microdermabrasion treatments (in the treatment area) for 4 weeks after treatment
  - Avoid swimming pools/chlorine environments for 24 hours after treatment • Avoid all exfoliating the treatment area for 7 days after treatment
  - Do not pick or rub the skin
  - Ensure you apply recommended home care products as instructed from your therapist
  - Ensure you apply SPF50+ to the treatment area 24 hours after the treatment
  - Ensure you advise your therapist of any medical changes
  - Ensure you return for next visit according to my treatment plan for optimum results
  - Ensure you contact a doctor and the Australian Academy of Beauty Dermal and Laser immediately should an adverse reaction occur.
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## ADDITIONAL POST-TREATMENT CARE FOR JESSNER PEELS

\* Please note that the Jessner Peel is a self-neutralising peel and will de-activate itself within 12 hours  
Important: **DO NOT PICK AT THE SKIN.** If the skin is removed prematurely, prolonged healing and/or infection are possible and may cause a scar.



### Day 1 - 2

- No water is to be used on face for the first 12 hours. (THIS WILL RE-ACTIVATE THE PEEL)
- Apply nothing to the face for the 24 hours
- Skin should be minimally touched during this processing time.
- Skin may have a frosted look and may have the appearance of being slightly sunburned.
- Avoid heat and/or excessive sweating for first 4 days.
- Avoid makeup and/or shaving until full peeling process is complete.
- Skin may feel tight red and swollen for 24 hours

### Day 2 - 3

- Resume gentle skincare and SPF 50+ Daily (no active products for 2 weeks)
- Gently cleanse the face twice a day
- Pat skin dry. DO NOT RUB
- Skin will begin to feel tight and dry

### Day 4 - 6

- Continue cleansing the skin twice a day and applying lubrication frequently.
- The peeling process should begin, and your skin may feel very tight
- Never peel off the skin; let it shed naturally.

### Day 7 - 8

- The peeling process is normally complete by day 7 or 8.
- When skin sensitivity is diminished, you may resume your normal skin care regimen as long as it is gentle and acid- free.
- Makeup may be worn if the skin is no longer shedding.
- Products that contain glycolic, lactic, or alpha hydroxyl acids should not be used for 2 weeks post-application of peel.
- Do not forget to wear sunscreen. An SPF 50 + should be worn at all times during daylight hours.
- Men may shave when the peeling is complete.

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**For the best treatment outcome please ensure to follow pre and post care as well as having treatment at a scheduled time. Provide your therapist with an accurate and up to date medical history in order to receive safe and effective treatments. Please ensure you contact your therapist and a Doctor immediately should you suspect an adverse reaction has occurred. DO NOT apply any product to skin for 1 week post treatment unless recommended by your therapist.**

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## RECOMMENDED AFTERCARE PRODUCTS

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|---|---|
| <input type="checkbox"/> Age Defence Sunscreen SPF 50+          | <input type="checkbox"/> H Serum (Hyaluronic Acid)    |
| <input type="checkbox"/> Aloe Vera Calming Gel                  | <input type="checkbox"/> Harmony Cleansing Milk       |
| <input type="checkbox"/> Vitality Cleanser                      | <input type="checkbox"/> Harmony Moisture Protective  |
| <input type="checkbox"/> Eye and Lip Cleanser                   | <input type="checkbox"/> Harmony Rose Mask            |
| <input type="checkbox"/> Gentle Exfoliant                       | <input type="checkbox"/> Serenity Cleansing Milk      |
| <input type="checkbox"/> Vitality Age Defence Cream             | <input type="checkbox"/> Serenity Moisture Protective |
| <input type="checkbox"/> Vitality Eye Cream                     | <input type="checkbox"/> Serenity Calming Mask        |
| <input type="checkbox"/> Age Defence Serum                      | <input type="checkbox"/> Clarity Cleansing Milk       |
| <input type="checkbox"/> Vitality Age Defence Mask              | <input type="checkbox"/> Clarity Moisture Protective  |
| <input type="checkbox"/> Infinity Skin Renewal (Glycolic Cream) | <input type="checkbox"/> Blemish Cream                |
| <input type="checkbox"/> Glycolic Serum                         | <input type="checkbox"/> Blackhead Treatment          |
| <input type="checkbox"/> Anti Oxidant                           |   |