

# Medik8®

## AFTER-CARE INSTRUCTIONS PEEL TREATMENT

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### Client Information

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Clinic Attending: \_\_\_\_\_

Therapist: \_\_\_\_\_

Contact Telephone: \_\_\_\_\_

Use three days post peel:

**AM:** Calmwise Soothing Cleanser, Hydr8 B5, Vitamin C Serum, Ultimate Recovery, Physical Sunscreen

**PM:** Calmwise Soothing Cleanser, Hydr8 B5, Vitamin A Serum, Ultimate Recovery

Dos:

- Treat the skin gently (stop using wash cloths and facial sponges)
- Allow the skin to peel naturally, do not pick at skin
- Minimise sun exposure
- Apply SPF liberally and wear even when cloudy. If in direct sunlight, SPF should be reapplied every two hours
- If you are prone to hyperpigmentation, it is recommended to use pigment suppressants to minimise the risk of post inflammatory hyperpigmentation before and after your peel - speak with your practitioner for specific recommendations

Don'ts:

- Do not expose the skin to sun or sun lamps
- Avoid leave on AHAs, BHAs or physical exfoliants for one week
- Avoid wash off AHAs and BHA cleansers for 3 days post peel
- Avoid make-up for a minimum of 12 hours post peel
- Avoid self tan for one week post peel
- Avoid heat treatments (sauna etc) for 24 hours post peel
- Avoid swimming and exercising for 24 hours post peel

After three days, return to your usual skincare routine, avoiding exfoliation for at least a week after your peel.