

## Chemical Peels

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### TREATMENT REACTIONS

Skin redness, flushing, peeling, dryness, irritation, tightness, itching, tenderness, accentuated lines & wrinkles due to dryness, stinging, swelling

These effects are temporary and will typically resolve within hours, for some people it may take a day or two. There is a small risk of side effects causing the skin to blister and scab. 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 also a small risk that hyperpigmentation of the skin 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.

### RECOMMENDATIONS

The option to purchase a post peel kit will be available and is highly recommended. Otherwise, gentle skin care and the daily application of at least SPF 30 for approximately 7-10 days following the procedure for the acceleration of regenerative process and consolidation of procedure results.

Although just one skin peel is effective in most cases, it is recommended to have several treatments. Gentle peels are recommended once a month, and stronger peels every three months.

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### AFTER CARE

Refrain from touching or pulling any loose peeling skin as this can cause an uneven result in pigmentation.

Do not scrub your face and gently pat your skin dry after cleaning.

Avoid the use of benzoyl peroxide or products containing this ingredient for at least 2-3 days after treatment.

Avoid the use of exfoliating agents, further peeling agents, retinoids, retinols, and vitamin A products for 7-10 days after treatment.

Refrain from intensive sun light, saunas, sunbeds and hot baths for 7-10 days.

Use adequate sunscreen protection with a minimum of SPF 30. This should always be done but this is extremely important in the first 7-10 days after your peel.

Avoid electrolysis, depilatory creams, waxing and laser hair removal for a minimum of 7-10 days.

Do not swim in chlorinated water for approximately 7-10 days.

Use of intensive moisturiser is advised for at least a week as your skin may feel dry and tight after your peel (remember this is normal).

Makeup can be applied within 12-24 hours after the peel.

Please report any concerns you may have as soon as possible.

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# Post Treatment Advice & Complications

## Microneedling

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### TREATMENT REACTIONS

If you look in the mirror after your treatment and find that your face is totally red, don't panic. It's normal for your skin to be red following a treatment. Using a good moisturiser to keep your skin hydrated will help minimise the redness.

Be aware that the roller your clinician will use around your eyes may cause some slight bruising. It's nothing to be worried about, and the bruising is usually faint enough to be covered up with makeup. Some people may also experience some mild swelling after microneedling.

After your procedure, your skin will feel and look different. It might feel rough to the touch for a few days, and you may notice some slight visible marks on your skin or minor peeling. All of these effects are caused by the microinjuries caused by the punctures and also the increased cell turnover. As your skin heals, these effects will soon disappear.

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### RECOMMENDATIONS

The inflammatory effect of microneedling is short. Within just 12-24 hours, your skin should fade from red to pink and the swelling should go down, though you may experience some sensitivity for up to 48 hours.

Wash skin with a gentle cleanser and cool water, and pat dry with your hands. If you received a more aggressive treatment, the redness may linger a bit longer.

For best results microneedling is recommended every 4-6 weeks.

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### AFTER CARE

Refrain from touching your face, as tempting as it may be!

Do not scrub your face and gently pat your skin dry after cleaning.

Avoid the use of benzoyl peroxide or products containing this ingredient for at least 2-3 days after treatment.

Avoid the use of of exfoliating agents, further peeling agents, retinoids, retinols, and vitamin A products for 7-10 days after treatment.

Refrain from intensive sun light, saunas, sunbeds and hot baths for 7-10 days.

Use adequate sunscreen protection with a minimum of SPF 30. This should always be done but this is extremely important in the first 7-10 days after your peel.

Avoid electrolysis, depilatory creams, waxing and laser hair removal for a minimum of 7-10 days.

Do not swim in chlorinated water for approximately 7-10 days.

Makeup can be applied within 12-24 hours after the peel.

It is highly recommended that you stay away from anti-inflammatory medications such as ibuprofen. These medications will interfere with your body's recovery process and affect your results.

Please report any concerns you may have as soon as possible.

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# What To Expect After Your Facial Treatment

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## TREATMENT REACTIONS

If you look in the mirror after your treatment and find that your face is totally red, don't panic. It's normal for your skin to be red following a treatment. Using a good moisturiser to keep your skin hydrated will help minimise the redness.

Skin purging is a process in which your skin breaks out when you try and new skin care product or regime. Not all products cause skin purging. Retinoids, hydroxy acids, anti-ageing products and other acne management products that accelerate the skin exfoliation rate usually cause purging.

Skin peels, microneedling, enzymes, microdermabrasion, dermaplaning and cosmeceutical grade skin care can also cause purging. This is perfectly normal and your skin will feel much better after the process.

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## RECOMMENDATIONS

For best results we recommend having a facial treatment at least once a month, however this differs depending on the treatment received and the results you are wanting to achieve.

We also recommend you speak to us about a home care plan to follow in between treatments. Using the correct products at home will take your results from good to incredible!

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## AFTER CARE

Refrain from touching your face, as tempting as it may be!

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Avoid the use of of exfoliating agents, further peeling agents, retinoids, retinols, and vitamin A products for 7-10 days after treatment.

Refrain from intensive sun light, saunas, sunbeds and hot baths for 7-10 days.

Use adequate sunscreen protection with a minimum of SPF 30. This should always be done but this is extremely important in the first 7-10 days after your peel.

Avoid electrolysis, depilatory creams, waxing and laser hair removal for a minimum of 7-10 days.

Do not swim in chlorinated water for approximately 7-10 days.

Makeup can be applied within 12-24 hours after the peel.

If you experience purging do not pick or squeeze the spots.

Change your pillow cases weekly and sanitise your phone with wipes daily.

Please report any concerns you may have as soon as possible.

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