



# Corrective Peel Aftercare

## GUIDELINES

Following your Corrective Peel we recommend that you observe the following guidelines. Doing so can help to ensure that your treatment is successful and minimise the risk of unwanted side effects.

## AFTER YOUR TREATMENT

Avoid wearing makeup on the treated areas for a minimum of 12 hours.

Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage or pigmentation.

Do not expose the treated areas to extreme heat or extreme cold until any redness and/or swelling has resolved completely. This includes saunas and sea swimming.

Avoid overly touching the treated areas and ensure areas are kept clean to avoid infection.

Avoid rubbing, scratching or peeling away loose skin as it may leave a scar and may cause hyperpigmentation. Clip loose skin with fine scissors if necessary.

It is recommended to sleep with your head elevated for the first couple of nights after a medium depth facial peel.

Avoid using acids and vitamin A (retinoids) for 3-7 days post treatment or until the skin surface is fully healed and redness is resolved. Your bespoke aftercare will be explained after treatment.

Avoid excessive alcohol intake or vigorous exercise for the first 48 hours after treatment and until all swelling and redness subsides.

Avoid having a facial or other skin/beauty treatment including eyebrow tinting, waxing, blading for 2 weeks after treatment or as advised by your doctor.

## AFTER YOUR TREATMENT (CONT.)

If you are concerned about your treatment result or any potential side effect please contact the clinic so that we can advise and support you.

As discussed during your consultation, you may require more than 1 treatment to achieve the desired results.

On the day of treatment you will be advised when to return to usual skincare or what maintenance regime to follow.

## WHAT TO EXPECT

Healing is usually painless.

Expect your skin to feel hot, tight, red and mildly itchy post treatment. There may be mild swelling (especially around the eye). These symptoms start to subside by 24 hours. Redness and flaking can remain for up to 1 week but will reduce every day.

Redness, swelling, skin-peeling may occur and resolve with time.

More aggressive treatments or use of irritants in the days prior to or after treatment can lead to longer downtime.

Swelling varies according to the depth of the peel and the degree of skin laxity.

Treated pigment may turn darker (brown to black) within 24-48 hours

Do not pick at treated areas.

Treated pigment will exfoliate off the face in approximately 1 week.



## WARNING SIGNS

Please contact us without delay if any of the following applies to you:

Signs of infection such as an increase in redness, warmth, itching or pus. If it was to occur this would typically be noted within 2 days of treatment.

Excessive redness, swelling or blistering will require urgent review.

Allergic reactions. Rare allergic reactions can consist of severe contact dermatitis (rash) or itching, swelling or difficulty breathing. This risk is increased in individuals who have a history of allergies, individuals with asthma and/or history of hives and itching.

Any unusual response not discussed.

Any breathing or swallowing difficulties, please seek medical assistance from your local A&E.

## CONTACT THE CLINIC

By email: [hello@oraskinclinic.ie](mailto:hello@oraskinclinic.ie)

By phone: 01-5383052 (Not monitored after hours. **Do not leave a voicemail**)

Out of Hours\*: Please email [emergency@oraskinclinic.ie](mailto:emergency@oraskinclinic.ie) and call 087-9605540

\*After 6pm weekdays and weekends