

## Post-Care Instructions for Glow Peel Treatment

Thank you for choosing Truth Medical Aesthetics! To help ensure the best results after your Glow Peel, please follow these post-care instructions:

☎ Spa Phone: 203-484-3777

✉ Non-Urgent Inquiries: [info@truthmedct.com](mailto:info@truthmedct.com)

⚠ Urgent Matters: [truthmedicaesthetics@gmail.com](mailto:truthmedicaesthetics@gmail.com)

📍 Location: 33 Water Street, Unit 3, Guilford, CT 06437

### Post-Treatment Care

- Don't Wash Your Face for 4-6 Hours
  - Allow your skin time to absorb the treatment and to enhance its effectiveness.
- No Physical Scrubs or Exfoliating Treatments for 48 Hours
  - Give your skin time to heal and avoid irritation.
- Apply Broad-Spectrum SPF
  - Use SPF and reapply every 2 hours. Seek shade when outdoors to protect your skin from sun damage.
- Moisturize
  - Apply a light moisturizer 2-3 times daily, or as needed, to keep your skin hydrated, especially if you peel or flake.
- Avoid Steam Rooms and Saunas for 24 Hours
  - Avoid heat to prevent irritation and allow your skin to heal.

### Questions or Concerns? We're Here to Help!

📍 Truth Medical Aesthetics

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🌐 [www.truthmedct.com](http://www.truthmedct.com)

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