

What to Expect After a Chemical Peel

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There are many benefits of getting a chemical peel. After you receive a chemical peel, there are a few things you can do to help aid in the healing process and to get the most benefits from your peel. It is important to remember that with each peel the skin will appear worse before it is better.

Limit Exposure to the Sun & Always Apply SPF

The depth of the chemical peel will determine how long you need to stay out of sunlight. Anywhere from 7 to 14 days, even during this time it is important to wear SPF sunscreen to protect your skin. When you do go back outside be sure to wear SPF sunscreen in any area that may be exposed to UV rays.

It is vital to wear it every day and reapply every few hours, particularly if you are outside all day. Because the skin is in the healing process and removing dead skin cells and

helping to bring new layers to the surface, it is important to protect the skin so that you can see the results you are looking for, and to limit additional damage to the skin.

Continue with a Daily Skin Care Regimen

With these new layers of the skin beginning to be exposed they need the support of a skin care regimen as much as the upper layers of the skin before the peel. Your doctor or aesthetician will make adjustments to your skin care regimen, as this will help to continue supporting your skin. Consult with them on your current skin care regimen and what it should be after the peel to get optimal results.

Use Skin Soothing Products

In your skin care regimen, there will be skin-soothing products such as the **Skin Recovery Mist, Living Cell Clarifier, Stem Cell Power Serum, and Ultra Hydro Gel**. There will also be other tyrosinase inhibitors that help with reducing hyperpigmentation, which is when patches of skin become darker in color than the normal surrounding skin.

These products will help to soothe and protect the skin as it heals over time. It is important that if you have questions to contact your aesthetician or doctor, as they can help you understand what is happening with your skin, and they can continue to help you get the results you want from your chemical peel.

Don't Pull on the Dry Skin

As the skin peels, it is important that you let it fall off as it is ready otherwise you may cause additional damage to the skin.

We hope that you enjoy the results of your chemical peel(s), and that as your skin begins the healing process you have the support to take care of your skin, and to visibly see a change in your skin. GlyMed Plus is focused on helping you to get the results you seek with the quality products we formulate.

If you have any questions and would like to speak to one of our friendly Master Aestheticians in your area please email support@glymedplusaustralia.com.au

Written by The Institute of Skin Science