



## **Caring for the Skin after Microdermabrasion, Dermaplane or Chemical Peel**

### WHAT TO EXPECT FROM YOUR MICRODERMABRASION, DERMAPLANE OR PEEL:

Your skin might feel sensitive, similar to a mild sunburn. This is normal. Your skin may become slightly dry and may even peel or flake slightly. This is normal. You may experience rough texture or “rug burns” in certain areas. This is normal. These areas must be kept moist with an ointment like Aquaphor or Sanitas Topical C in order to heal faster.

If you develop any blisters, sores, or other types of problems, call the salon immediately at **303-715- 4673**. Do not try to care for these problems without the assistance of your aesthetician.

### EVENING AFTER YOUR TREATMENT:

Avoid any physical activity that will cause excessive perspiration. If you had a stronger peel, you will want to avoid heating up the skin and/or excessive perspiration for about 5 days or longer.

Use a mild/gentle cleanser and moisturizer. Avoid all products with “active” ingredients such as Retinol, Retin A, AHA's (glycolic, lactic), Salicylic Acid, and Hydroquinone.

### DAYS ONE THROUGH THREE:

Use a gentle cleanser and moisturizer and SPF. Make up is ok to be worn. Avoid Vitamin C, Retinol, Retin A, AHA's (glycolic, lactic), Salicylic.

### DAYS FOUR AND FIVE:

If you are experiencing dryness or flaking, you can use your enzyme mask in the shower to exfoliate. As long as all peeling is complete you may resume your usual home care program.

Don't forget to wear your SPF to protect your healthy new skin!