



0800 SKIN DR (0800 754 637)

Peel Treatment Information

What is a Peel?

A peel is a chemical exfoliation that increases cellular turnover. Peels reach different depths of the skin depending on the size of the molecule and time applied.

What is it used for?

A peel can improve skin tone, help manage pigmentation, improve texture, firm your skin and manage breakouts. It can also hydrate your skin which can reduce the appearance of fine lines. Your practitioner will recommend a series of treatments for optimal results. Your results may vary due to the age of your skin, previous sun damage, continued sun exposure, smoking, alcohol intake, diet, water intake, skin thickness and sensitivity.

Who should not have a Peel?

Those who are allergic to any ingredients in the peel; pregnant or breastfeeding; unwell or have an infection at the treatment site; prior keloid scarring; less than a month after a deep skin resurfacing; recent facial surgery; recent use of Retrieve within 48 hours; use of Isotane within 6 months and sun exposure within 2 weeks.

What should I do before my Peel?

For best results from your peel, please follow your pre-treatment regime as instructed by your practitioner. If you interrupt your pre-treatment regime, please contact your practitioner promptly, as your appointment may need to be rescheduled. For 2 weeks prior to your treatment please do not have any waxing, depilatory use, laser hair removal or other chemical treatments in the treatment area. Remember to avoid sun exposure and notify us if you start any new medication, or experience any change to your health, as this may increase sensitivity to your peel.

Are there any possible side effects?

The treated area may initially look red and swollen and might feel tender. Swelling settles within 24 hours, but occasionally may be prolonged, requiring an antihistamine. Your skin may be irritated or itchy, with peeling or flaking, for up to 10 days after your peel. It is important not to pick or scratch your skin during this time to avoid scarring. Cold sores can be triggered in predisposed individuals but can be prevented by medication. Small breakouts may occur that should self-resolve with time.

What are the rare side effects?

Rarely, infection can occur which may require further medical management. There is a very small risk of lightening or darkening of the skin, which rarely could be permanent. To minimise this risk, it is important to follow your pre- and post-treatment regime and avoid sun exposure.

What should I do after my Peel?

- Dos:**
1. Use a gentle cleanser and moisturiser. Wear minimal makeup the next day.
 2. Follow your post-procedure regime including mandatory zinc sunscreen for 2 weeks.
 3. Increase your water intake to 8 glasses daily for 3 days.
- Don'ts :**
1. No intense exercise, alcohol or makeup for the remainder of the day following treatment.
 2. No direct sun exposure for 2 weeks.
 3. No waxing, hair removal or facial treatments for 1 week.
 4. No picking, scratching, exfoliating or using wash cloths on the treated area for 1 week.

If you have further questions please feel free to contact the clinic on: 0800 SKIN DR (0800 754 637)

or Emergency After Clinic Hours: _____

Patient Initials

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