

Aftercare instructions

Follow the guidelines below for 7 to 10 days, until your skin has recovered from the peeling or microneedling. For more sensitive skin or a level 3/4 peeling, these guidelines apply for a minimum of 14 days. If you have any questions or doubts, please do not hesitate to contact us. We can also be reached via What's app. 020-3316235

- To reduce the risk of pigmentation spots, direct sun exposure should be avoided for at least two weeks (Note; also applies to the sunbed).
- Apply a UV protection of at least spf30 every day. (also in winter and on cloudy days) Don't forget the eye area.
- Reapply UV protection (SPF) every two hours on sunny days.
- Do not exercise intensively or expose your skin to heat sources such as a sauna or steam bath for at least 24 hours after the treatment. An increased blood circulation in the face can cause an increased heat effect, which can cause discomfort (itching, swelling, redness, etc.).
- Wait 24 hours before applying makeup. (with microneedling or Level 3 and 4 Peel)
- Avoid resins 7 days after treatment.
- Provide adequate fluid intake in the 2 to 3 days after the peeling. (minimum 2 liters)
- The skin may start to flake slightly within 2 to 3 days after treatment. This is quite normal at level 3 or 4. **DO NOT PULL ON THE SKINFLAKES!** This can cause discoloration.
- Avoid any form of exfoliation / acids for at least 7 days after treatment and in any case until the skin shows no signs of sensitivity.

Important! A good result stands or falls by following our aftercare instructions!

What can I expect immediately after a treatment?

- The skin may feel dry and tight for the first week after a peel.
- The skin can detoxify during the first week after the treatment and therefore become a little more restless. This usually goes away on its own.
- The skin may start to peel after 2 to 3 days. (Level 3/4) (Level 1 and 2 rarely) Note; If the skin is very dry or you have undergone a TCA peeling more often, it may be that the skin will peel less. This does not mean that the peeling does not work. The degree of flaking, therefore, says nothing about the effectiveness.
- After using Retinol or a TCA peel, the skin may start to feel red, irritated, or burning after 2 or 3 days. This is normal and, in most cases, will disappear within a few days.
- A previously existing herpes infection (cold sores) may recur because of the treatment.