

Aftercare instructions

Follow the guidelines below for 7 to 10 days, until your skin has recovered from the treatment. With a more sensitive skin or a more intensive peeling, these guidelines should be followed for at least 14 days. Please do not hesitate to contact us if you have any questions or concerns, because we can not help you if we don't know there is a complication. We can be reached via phone/ What's app. 020-3316235 or email: info@thepeelingcompany.nl

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

- To reduce the risk of pigmentation spots, direct exposure to the direct sun without an SPF should be avoided for at least two weeks (Note: also applies to This also applies to tanning beds.
- Apply a UV protection of at least SPF30 daily. (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. 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 make-up. (With microneedling or Level 3, 4 or 5 Peel)
- Avoid waxing and laser 7 days treatments 7 days before and 7 days after the treatment. (14 days after a level 3,4 and 5 peeling)
- Drink enough water in the 2 to 3 days after the peeling. (Minimum 2 liters)
- The skin may begin to flake slightly within 2 to 3 days after the treatment. This is common with a level 3, 4 and 5 peeling. DO NOT PULL! This can cause discoloration. These can be cut away very carefully.
- Avoid any form of exfoliation (acids and scrubs) for at least 7 days after treatment and in any case until the skin no longer shows signs of sensitivity. With a level 4 and 5 peeling, wait at least 14 days.

What can I expect immediately after a treatment?

- The skin may feel dry and tight for the first week after a peel. Try to avoid a foaming cleanser with sulphates for the first week after a more intensive peeling.
- 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. (Advice: Don't touch the skin)
- The skin may start to peel after 2 to 3 days. (Level 3,4 and 5) (Level 1 and 2 rarely) Note; If your skin condition is good or you have undergone a TCA-peel 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 of the treatment.
- After using Retinol or a TCA peel, the skin may feel red, irritated or burn after 2 or 3 days. This is normal and, in most cases, will disappear within a few days.
- After an algae peel, the skin may become dry, more sensitive and in some cases flake.
- As the skin begins to regenerate (peel), it may appear temporarily darker. This disappears in most cases within a few days.
- A herpes infection (cold sores) that has already occurred before can occur again because of the treatment, because the resistance of your skin (especially with more intensive peelings) is temporarily reduced. If you are sensitive to this, we advise you to take L-Lysine. Available at the vitamin specialty store.
- After a microneedling treatment the skin can be more out of balance for a view days. Please do not touch the skin.

Note: every skin is different and can therefore react differently. We cannot say in advance with 100% certainty how a skin will react after a treatment. If something changes in your personal health, please tell us before your treatment.