

EST.  2012

# L A Y E R S

*skin clinic*

## -BETA PEEL - PRE & POST-CARE INSTRUCTIONS

The information shared and given must be read thoroughly and followed accordingly.

### PRE

- We recommended that client be on a good home care regime before considering professional treatments as this affects the outcome and how good your skin barrier is prepared. Pre-treating the skin is essential.
- We recommended a good barrier cream (Serra Restore Cream), Vitamin A cream or Growth factors ,and good SPF – nothing under a factor 30. Ask therapist to recommend correct products to suits your skin's individual's needs.
- Start drinking Omega 3 Fatty Acids ( Solgar) daily, Increase Water intake, if pigmentations is a concern – Brightening concentrate is a must have. ( TCA & Beta peels compulsory)
- If you suffer from cold sores start drinking viral guard or any viral immune boosters 3-4 days before medium depth peels.
- The following conditions are contra indications for certain treatments – if unsure do ask you therapist.

Pregnancy/ Breast feeding – due to hormonal imbalance as we do not have knowledge regarding how skin will react.

Keloid scars

Inflamed acne or skin conditions

Severe solar keratosis

Raised moles/warts – these will just be barrier if needed

Rosacea

Eczema

Psoriasis

Diabetes 2

Auto Immune disease

Haemophilia

Cancer

Hepatic disorder

Seborrhoeic Dermatitis

Open wounds

- Medications
  - Roaccutane or a generic thereof – not used in the last 6 months.
  - Anti- Coagulants (Warfarin)
  - Anti-Biotic
  - Malaria medication
  - Tetracycline
  - Oral Steroids
- Note to oneself that medication like anti-depressants/ anti anxieties/ contraceptive pills do photo sensitize the skin.
- The following products you must stop using 5 days before professional treatments:
- Retin A ( Retinoids) - Products with Retin Palmitate and Acetate are still safe to use.
- AHA or BHA products
- Home Exfoliations
- Hydroquinone
- Benzoylperoxide
- No waxing - preferably 7 days before chemicals peels
- No sun bathing before or after peels
- Botox & Fillers - No peels 7 days before or after treatment received
- It is always important to fill in your client card thoroughly and give your therapist all the information needed.
- It is important to be safe and considered all factors before starting with chemicals peels.

## POST

- For the next 7 days or so, your skin will experience the post renewal For the next 7 days or so, your skin will experience the post renewal process. Your skin will shed it's dead outer layer. You may or may not be able to see the peeling. Visible peeling begins 2-3 days after and usually lasts about 3 days. You might feel some mild tightness or itching.
- After peel skin might feel tight, temporary redness and warmth but no burning or stinging should be felt.
- Skin will have a down time where dry flakiness starts on day 2-3.
- Resist the urge to peel, pick or scratch the treated area. This may result in scarring and infections.
- Just use your barrier cream, cleanser and SPF during this time during this time.
- You can start using all your regular products when skin starts returning to normal. Serra restore is excellent product to use as barrier cream during this time. Sample will be given but we recommend purchasing one for home care use.
- Do continue drinking Omega 3 and maintain a high intake of water

## PLEASE NOTE

If you have any questions or concerns do not hesitate to phone or message your therapist. She will be more than willing and more than capable to answer all your questions. There is never a silly question and whenever in doubt please do phone therapist so she can adapt your program.