



## 6 Months Before



### Stop Taking

- Roaccutane (Isotretanoin)
- St Johns Wort

**\*Always consult your Medical Specialist before you cease taking prescription treatments.**

## 5-7 Days Before



### Stop Treatments & Prepare

Before you commence the peel treatment/peel course your Practitioner will be aware of any other on-going treatments that are already underway, for example laser hair removal, or skin treatments. Whilst you will not need to stop these treatments where possible it is always better if you can.

Commence anti-viral cream if you have facial cold sores, if you have a problem with facial cold sores alert your Practitioner as a short course of anti-viral oral treatment can be prescribed.

## 3 Days Before



### Stop Using Actives

Stop using AHA, BHA, Retinols & Tretinoin, also ask advice about any Acne products even if these are over the counter creams.

Avoid sun exposure, you cannot have treatment if the skin has obvious signs of sun exposure, you should already be wearing a SPF 30 or 50 UVA UVB as part of the preparation for peels.

## Day Before or Day of Treatment



### Prepare Skin

Remove any hair from the treatment area, the area will be cleaned thoroughly before any treatment but you should avoid make-up if possible and do not use perfume or aftershave.

## Post Treatment



### Aftercare

- Use a Clean Pillowcase
- Use Hydrating Skincare as Advised
- Avoid Touching Skin
- Avoid Make-up 24 Hours, unless Mineral
- Avoid Swimming, Sauna or Hot Tubs 48 Hours
- Avoid Shaving 24-48 Hours
- Do NOT Pick Flaky Skin
- Keep Hydrated
- Keep Skin Clean
- Wear SPF 30+