

MICRODERMABRASION & CHEMICAL PEELS

AFTERCARE INSTRUCTIONS

You have just completed your Microdermabrasion and/or Chemical Peel. Your cosmetic practitioner will have advised you what to do and what not to do after your treatment to ensure the best possible result from your treatment. This is a written outline of those instructions for your information.

The treatments performed include:

- Microdermabrasion
- Pumpkin enzymatic peels
- Jessner's peels
- Glycolic acid peels
- AHA/BHA peels
- Mild TCA peels
- Lactic acid peels

The following general instructions apply:

- AVOID sun exposure for the next week
- AVOID exercise for 24 hours
- AVOID swimming for the next week – chemicals could irritate the skin
- DO NOT rub, pick or scratch the skin
- Use gentle cleansers and avoid harsh exfoliants for 2-3 days
- DO NOT apply fake tan or spray tan for 1 week
- DO NOT use any AHA or BHA or acidic based products for 2-3 days (eg Glycolic, Lactic, Salicylic etc)
- DO NOT use any Vitamin A based products for 2-3 days (eg Retin A, Retinoic acid, Stieva A, Zorac etc)
- DO NOT put water or any other topical cream or lotion on a Jessner's peel for 24 hours. It will reactivate the peel and allow the peel to continue working longer than the recommended time – this can lead to blistering and damage to the underlying skin.
- Moisturise and hydrate adequately day and night. Your cosmetic practitioner will advise you of the best skin care regimen for your skin to compliment this treatment and address your particular concerns.
- Use sunscreen (Skinstitut 50+ or ASAP 30+ SPF Sunscreen plus moisturiser)

Please note that not all 'peels' cause visible peeling of the skin. Some peels produce a microscopic shedding of the outer dead skin layer which is not visible to the naked eye. The presence or absence of visible peeling does not impact on the final results and in some skin types aggressive visible peeling of the skin is not advised.

You may experience some minor breakouts or occasional pimples after undergoing a microdermabrasion, extractions and/ or peel. If this occurs they are very short lived and resolve spontaneously. Please contact your cosmetic practitioner on Ph 0755 933388 if you have any questions about your treatment or aftercare instructions.

ADDITIONAL COMPLIMENTARY TREATMENTS & PRODUCTS

Acne, Acne Scarring and Problem Skins

- Intense Pulsed Light (IPL) treatment (not for dark skins)
- Dermapen Skin Needling and/or Home Rolling Kit
- Laser Genesis
- Ultra Clear Facial treatment
- Environ Sebu Range Skincare
- ASAP Skincare

Broken veins and general redness

- Facial Vein Laser Treatments
- Laser Genesis
- Intense Pulsed Light (IPL) treatment (not for dark skins)
- Ultra Calm Infusion
- Environ Colostrum Gel
- ASAP Soothing Gel
- Environ Vit C Boost
- ASAP Vit C Serum

Pigmentation, freckles & brown spots

- Intense Pulsed Light (IPL) treatment (not for dark skins)
- Dermapen Skin Needling and/or Home Rolling Kit
- Ultra De-Light Infusion
- Formulated R8 Depigmenting Gels/Creams
- Medical Skin Needling and/or Home Rolling Kit
- Environ Clarifying Lotion
- Skinstitut Even Blend Serum

Fine wrinkles, crêpiness and open pores

- Botulinum Toxin A (BTXA) treatment
- Dermal Filler treatment
- PRP treatment
- Vital Light/Vital or Mesolis treatment
- Dermapen Skin Needling and/or Home Rolling Kit
- 'Titan' skin tightening treatment
- Microdermabrasion +/- Chemical Peels
- Ultra Smooth Infusion
- R8 Intense Lip Refining Infusion
- R8 Anti-Aging Eye Infusion
- Environ AVST and CQuence Range
- ASAP Vit A & Vit B Serum

Please contact Rejuven8 Cosmetix for a complimentary consultation for further information about any of the above treatments or products.