

Green Peel Aftercare Instructions

GREEN PEEL AFTERCARE INSTRUCTIONS

Thank you for choosing to have a Green Peel treatment. For optimal results and to ensure your skin heals properly, please follow the aftercare instructions outlined below.

1. Post-Treatment Care

Post-Treatment Care

- ☐ Avoid touching your face for at least 6 hours after treatment to prevent infection.
- ☐ Do not apply any makeup for the first 24 hours.
- ☐ Keep your skin clean: Use only gentle, non-exfoliating cleansers. Wash your face with lukewarm water.

2. Hydration & Moisturisation

Hydration & Moisturisation

- ☐ Apply a soothing, hydrating cream to your skin twice daily to help support the healing process.
- ☐ Drink plenty of water throughout the day to stay hydrated.

3. Sun Protection

Sun Protection

- ☐ Avoid sun exposure for at least 10 days after your treatment.
- ☐ Always apply a broad-spectrum sunscreen (SPF 30 or higher) before going outside, even on cloudy days.

4. Avoid Excessive Heat

Avoid Excessive Heat

- ☐ Refrain from hot showers, saunas, or swimming in hot water (e.g., jacuzzis, pools) for at least 7 days.

5. Exfoliation & Peeling Process

Exfoliation & Peeling Process

- ☐ You may experience peeling, which can last 3-7 days. Do not pick or pull at the skin, as this can cause scarring.
- ☐ Gently pat your skin dry with a soft towel after washing your face.

6. Activity Restrictions

Activity Restrictions

- ☐ Avoid strenuous exercise and activities that cause sweating for at least 48 hours after treatment.

7. Avoid Certain Products

Avoid Certain Products

- ☐ Avoid using retinol, glycolic acid, and other strong actives for at least 7 days post-treatment.

8. When to Contact Us

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- ☐ If you experience extreme redness, swelling, or discomfort, please contact our clinic immediately.
- ☐ If your skin starts to scab or peel excessively, do not attempt to remove the peeling skin by force.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided.

CONFIRMATION OF UNDERSTANDING

- ☐ I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.