

ALUMIER BESPOKE PEEL: Pre & Post Care Instructions

Preparation for a Peel Treatment

Please follow the instructions below to prepare:

It is recommended that you take the following into consideration:

- Avoid sun exposure and tanning beds for at least two weeks
- Avoid the use of retinoid products and high levels of AHA and BHA products for approximately 7 days prior to the treatment.

Alumier MD skin treatments result in minimal to no downtime but create dramatic and visible results. Treatments can cause slight redness, tightness, peeling, flaking or temporary dryness. Most patients do not find it necessary to apply makeup, as the skin will be smooth, glowing and radiant following your treatment.

Post Skin Peel Treatment Tips

Due to the nature of these treatments, you should not necessarily expect to 'peel'. However, you may have light to moderate flaking in a few localised areas for 3 to 7 days. You may also experience residual redness, which lasts in most patients from 1 to 12 hours.

It is recommended that you do not apply makeup the day of the treatment.

It is ideal to allow the skin to stabilise and rest overnight.

However, makeup can be applied if necessary.

Tonight, your skin may feel tight and 'pulled'. Although you may or may not actually 'peel', it is likely that you will experience light 'exfoliation'.

Post-Peel Care Instructions

To obtain maximum results and avoid complications, please follow the post-peel instructions listed below for approximately 5 to 7 days:

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Avoid direct sun exposure and excessive heat.

Important: Keep your skin hydrated. Hydration is key to proper healing.

- DO NOT cleanse your skin on the evening of your treatment.
- DO NOT pick or pull any flaking.
- DO NOT tan or use a tanning booth for at least 14 days post peel.
- DO NOT have electrolysis, waxing, threading or any other form of hair removal for 7 days.
- DO NOT use facial scrubs or mechanical forms of exfoliation for 14 days.
- DO NOT use retinoic acid, AHA or BHA for 14 days.
- DO NOT have laser hair removal, photofacials, chemical peels or microdermabrasion for 14 days.
- DO NOT apply ice or ice water on the treated area.
- DO NOT use hot tubs, steam rooms, saunas, and/or excessively hot showers for 2 days.
- DO NOT go swimming for 2 days.
- DO NOT participate in aerobic exercise for 2 days.

SHOULD YOU HAVE ANY QUESTIONS OR CONCERNS DO NOT HESITATE TO CONTACT US.

Aurielle Aesthetics