



## MEDIK8 SKIN PEEL

### ON THE DAY OF YOUR APPOINTMENT

- Please arrive without creams or makeup on the area to be treated

### AFTER YOUR TREATMENT

- 24 hours post-peel your skin will likely feel a little tight and appear slightly flushed.
- Depending on the treatment that you have received you might experience redness, skin flaking and mild peeling. As a rule, expect flaking from around the third day post-peel for a maximum of 5 further days.
- **We ask for you to follow a comprehensive aftercare routine to continue with at home to ensure your skin recovers and rejuvenates correctly.**
- You should avoid direct sun exposure during these recovery days and always wear a broad spectrum sunscreen with an SPF of at least 30.

### AFTERCARE

- We recommend to not wear makeup for the first 12 hours post-peel to ensure the skin remains bacteria-free. After this time, please ensure the makeup brushes that you are using are clean.
- Allow the skin to heal naturally. Don't pick at any flaky skin
- Don't use any harsh exfoliants (AHA/ BHA cleansers or toners) or physical (grainy scrubs) for at least 3 days post-peel.
- Do not use leave on AHAs, BHAs or physical exfoliants for 5 -7 days following the peel. They can be used after this time to aid the removal of the loosened or shedding skin cells
- Don't spend extended periods of time in direct sunlight. ALWAYS wear a sunscreen to protect your skin.
- Avoid self tan for seven days post-peel
- Avoid heat treatments such as Sauna's etc for 24 hours post-peel
- Avoid swimming and exercising for 24 hours post-peel
- Avoid facial waxing for at least seven to 10 days
- Stick to the aftercare skincare regime as recommended by your trained therapist.

**Fitzpatrick's 4/5/6 are advised to follow 4 weeks of CSA preparation** with Oxy-R Peptides for all peels due to the greater risk of post-inflammatory hyperpigmentation.

**Clients with inflamed acne are still advised to follow 4 weeks of CSA preparation** with Clarity Peptides for all peels.