

# SERENITY

## TREATMENT AFTERCARE

### PRO POWER PEEL

#### PRE TREATMENT ADVICE

- Do not expose your skin to the sun for a prolonged amount of time for 24 hours prior to your treatment. We are unable to treat sunburned skin.
- Inform us if you are currently taking any medication, are pregnant or breastfeeding or have any medical conditions such as heart condition or diabetes
- Refrain from using Retinol or exfoliation products for 7 days prior to treatment

#### POST TREATMENT ADVICE

- Immediately after your treatment, you will look as though you have mild to moderate sunburn and your skin may feel warm and tighter than usual. This is normal and will subside after 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots.
- Flaking skin, dryness and itching, tight sensation to the skin, swelling, redness are normal following this treatment.
- Your skin will most likely peel or flake in some areas – this is completely normal
- You should avoid excessive exposure to the sun for a minimum of 4 weeks following the treatment; use a high factor (minimum SPF50) sunblock with UVA and UVB protection.
- Do not perform any form of exfoliation during your course of treatments
- Apply the given aftercare product as prescribed by your therapist
- Do not go swimming, use saunas or steam rooms for at least 72 hours post- treatment.
- Do not wax the area for at least 7 days.
- No exercising or strenuous activity for the first 2-5 days following treatment. • Do not apply false tan, make up, perfumes or perfumed lotions directly to the area for 48 hours
- Avoid hot baths and showers until any redness subsides
- You may also notice temporarily more pronounced discoloration or age spots as they rise to the skin's surface before getting sloughed away.
- Avoid smoking for 4 hours & use cool water to wash your face for the first 24 hours