



## Post Care Instructions for Peels and Microneedling

Please use only the products recommended for the amount of time instructed after your procedure. This will ensure the best outcome and avoid unwanted occurrences.

Day of Procedure \_\_\_\_\_

Day Two \_\_\_\_\_

Day Three \_\_\_\_\_

Day Four \_\_\_\_\_

Special  
Instructions \_\_\_\_\_

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For the next 3-4 days avoid heat exposure (saunas, hot tubs, hot showers etc.), rigorous exercise, sweating, sun exposure (even in the winter), cold dry air (skiing etc.)

Do not pick or rub the skin, this could cause infection and delay healing. Try to sleep on your back to avoid sleeping on your face. Avoid active topical products like retinols, hydroxy acids etc. Avoid topical steroid creams.

For continuous improvement always use SPF when exposing your skin to sunlight and protect your skin from the elements.