

**Lotus Spa Eau Claire**  
**Client Post Peel Instructions**

Avoid washing the treated area with water for 2 hours after the peel.

You may apply cool compresses to ease any discomfort or swelling.

Cleanse with water morning and night. Pat dry with a clean towel. Do not pick at the area.

Avoid retinoids, AHAs or BHAs (glycolic, lactic, salicylic acids, etc..) until the skin has returned to normal (7-14 days).

Do not use scrubs or abrasive cleansers.

Avoid strenuous exercise or hot showers/baths for 24 hours.

Avoid sun exposure. Wear a hat and SPF.

Use the products recommended by your clinician.

Recommended Products: \_\_\_\_\_

Keep the area hydrated.

**What to expect post peel:**

Skin may feel very dry and itchy. You may notice increased wrinkling of the skin as skin loosens. There may be areas of redness.

**Days 3-5:**

The skin may start to peel in small flakes or larger sheets. Peeling is NOT necessary to achieve results.

Do not pick or rub the skin. Skin may be tender and pink.

**Things to avoid while healing:**

Avoid hot tubs, saunas, steam rooms and swimming pools.

Minimize heavy sweating.

Avoid scrubs and exfoliating products.

Do not have waxing done or use depilatories.

Do not use retinoids until instructed by your clinician.

Do not use a tanning bed.

If you have questions or concerns (cold sore outbreak or symptoms), call Lotus Spa at **715-835-1100**.