

PEEL RECOVERY

Full Feel the Peel

Let skin peel naturally. Follow your care plan; avoid friction and irritation.

Follow your provider's personal instructions if they differ from this guide.

01 WHAT TO EXPECT

- Treatment day: redness, heat sensitivity, and slight swelling. Days 1-2: tightness, dryness, temporary pigment darkening, or surface crusting may occur.
- Flaking may begin around day 3 and often eases by day 6. Some people have little peeling. Do not pick, pull, or scrub; cleanse and moisturize gently.

02 PAUSE HEAT AND EXFOLIATION

- Avoid strenuous exercise, sweating, and excessive heat for 2-3 days, including hot tubs, steam, and saunas.
- Avoid retinol, alpha hydroxy acids (AHAs), and beta hydroxy acids (BHAs) for at least 1 week and until fully healed.
- Avoid scrubs, washcloth exfoliation, and cleansing devices for at least 1 week and until fully healed. Ask when to resume makeup or prescription skincare.

03 PROTECT YOUR SKIN

- Avoid direct sun and tanning beds for 4 weeks. Use broad-spectrum SPF 30+ as directed; reapply every 2 hours outdoors. Add shade and protective clothing.
- Do not speed peeling with extra acids or another procedure. Report recovery concerns to the clinic.

WHEN TO GET HELP

Call Beauty Lab + Laser for persistent burning, blisters, worsening pain or swelling, spreading redness, drainage, or fever. Seek urgent care for severe symptoms or if the clinic is unavailable.

Call 911 for trouble breathing, throat or tongue swelling, or collapse.

QUESTIONS? CALL YOUR TREATMENT LOCATION.

Murray (801) 675-8954

Riverton (385) 209-1072