

SUTHERLANDS

HAIR & BEAUTY

AlumierMD Peel

Pre-Treatment Advice

Preparation for a peel treatment

Prior to your peel please follow the instructions below to best prepare:

1. For best results and to prepare the skin it is recommended that you use AlumierMD home care products for 10 to 14 days prior to treatment. Please consult your skincare professional for appropriate recommendations for your skin type.
2. If you are lactating, pregnant, or may be pregnant, consult your skincare professional before receiving any treatment.
3. Avoid sun exposure and tanning beds for at least two weeks prior to your treatment.
4. Avoid the use of retinoid products (eg. retinol, Retin A®, Tazorac®) and high levels of AHA and BHA products for approximately 7 days prior to treatment. Please consult your doctor before temporarily discontinuing the use of any prescription medications.

AlumierMD skin treatments result in minimal to no downtime but create dramatic and visible results.

5. Treatments may cause slight redness, tightness, peeling, flaking or temporary dryness. Most clients do not find it necessary to apply makeup, as the skin will be smooth, dewy and radiant following your treatment.

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Aftercare Advice

Due to the nature of these treatments, you should not necessarily expect to “peel”. However, you may have light to moderate flaking in a few localised areas for 3 to 7 days. You may also experience residual redness, which lasts in most clients from 1 to 12 hours. It is recommended that you do not apply makeup the day of the treatment. It is ideal to allow the skin to stabilise and rest overnight.

In order to obtain maximum results and avoid complications, please follow the post-peel instructions listed below for approximately 5 to 7 days:

1. Avoid sun exposure or sunbeds.
2. Only use the products provided to you in your post procedure kit for 5 to 7 days post treatment.
3. DO NOT cleanse your skin in the evening following your peel.
4. DO NOT pick or pull any flaking skin.
5. DO NOT have electrolysis, waxing, threading or any other form of hair removal for 7 days post treatment.
6. DO NOT use facial scrubs or mechanical forms of exfoliation for 14 days post peel.
7. DO NOT use retinoic acid, AHA or BHA for 14 days post peel.
8. DO NOT have laser hair removal, photofacials, chemical peels or microdermabrasion for 14 days post peel.
9. DO NOT apply ice or ice water on the treated area.
10. DO NOT use hot tubs, steam rooms, saunas, and/or excessively hot showers for 2 days post peel.
11. DO NOT go swimming for 2 days post peel.
12. DO NOT participate in aerobic exercise for 2 days post peel.

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