

Lovely by skin institute

PRIOR to Peel / Microdermabrasion Treatment

- Let your therapist know of any changes in your medical history, medications and/ or supplements
- Do not have treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc)
- Discontinue use of products containing Vitamin A 24 hours prior to treatment
- Discontinue use of topical prescription Vitamin A 14 days prior to treatment
- Do not have any Anti-Wrinkle Injections in the treatments area for 2 weeks.
- Do not have any Dermal Filler Injections in the treatment area for 4 weeks
- History of herpes or cold sores may require an anti-viral prescription prior to treatment
- **MALES:** Shave the area 24 hours prior to treatment
- Not doing so may prevent you from having treatment in the area
- Peels: Skin must be prepared with the correct products as directed by your therapist

POST Peel / Microdermabrasion Treatment

- Skin may feel dry and tight. Apply your post care products as recommended by your therapist
- If area feels very warm you may cool with cold face cloth
- Do not pick or peel any dry/flaky skin
- Avoid heat (hot tubs, saunas, etc.) for 24 hours
- Do not exfoliate 3 days post treatment
- Avoid skin irritants and actives (products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.) for 72 hours post-treatment
- Your skin will be more sensitive to the sun. Use a broad spectrum (UVA/UVB) sunscreen of a minimum of SPF 30+ daily
- For best results follow your home care regimen as instructed by your therapist

If you have any questions, or experience any other side effects from the treatment not listed on this page, please contact us on
0800 004 525 | Email: info@lovelybyskin.co.nz | www.lovelybyskin.co.nz