

# Post Peel Care

## 12 Hours Post Peel

**No Sun**

**No Sweat**

**No Soap**

**Cleanse** with a gentle cleanser such as SkinMedica Sensitive Skin Cleanser or SkinMedica Facial Cleanser.

Cover face and neck with **sunscreen** SPF 20 or higher.

Provide constant **hydration**, such as Skin Medica Ceramide to your healing skin, as often as necessary.

AM

**Cleanse** with a gentle cleanser such as SkinMedica Sensitive Skin Cleanser or SkinMedica Facial Cleanser.

Provide constant **hydration**, such as Skin Medica Ceramide to your healing skin, as often as necessary.

PM

## 48 Hours Post Peel

Skin may begin to flake, this can last 2 to 3 days  
**No Benzol peroxides or retinols for 5 to 7 days.**

*Your skin knows what to do, just treat your skin delicately.*