

Do's

Keep your skin hydrated with a gentle, fragrance free moisturizer

Your skin will be more sensitive to the sun - wear sunscreen

Stay hydrated as this helps your skin heal

Let the peeling process happen naturally

Be gentle with your skin by using mild, non-abrasive cleansers

Dont's

Don't pick, peel, or scratch

Avoid excessive heat or intensive workouts

Give your skin a couple days to heal before applying foundation or other cosmetics

Don't use harsh skincare products

Don't over moisturize - too many products can clog pores



STILL AESTHETICS

STILL YOU

What to Expect After Treatment

Days 1 - 2:

Skin may appear red, tight, and slightly swollen - similar to a mild sunburn.

Days 3 - 5:

Peeling and flaking begin, with dryness and sensitivity. Avoid picking or peeling the skin.

Days 6 - 7:

Most of the peeling subsides, revealing fresh, new skin underneath. Skin may still be slightly sensitive.

Week 2:

Skin continues to heal and normalize. A brighter, more even complexion emerges. Continue using sunscreen and gentle skincare products.

If you experience redness, swelling, pus, or signs of infection, please contact me at 402-802-0533.

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