

You Only Younger

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Sugar Land, TX 77479
281-937-7537

Home Care Instructions: Post Exfoliation Recommendations

- Use recommended glotherapeutics skincare.
- Chemical exfoliation treatments are not recommended while on certain types of prescription medications such as Differine, Tozaroc, or Accutane.
- Discontinue use of hydroxyl acids and retinols following your treatment.
- Do not use harsh scrubs or abrasive loofahs following your treatment.
- Avoid direct sun exposure and wear a sunscreen daily for at least 2 weeks or as directed.
- Do not go swimming or put face under water.
- Do not take long hot showers or put your face under a hot stream of water.
- Avoid drinking alcohol.
- Avoid surfaces that could irritate your skin i.e. pillows, beards, collared or turtleneck shirts
- Do not pick or prematurely peel the skin as this will cause hyperpigmentation and/or surface scars.
- Return in one week for a post treatment follow-up visit with your skincare specialist. This is a very important part of the chemical exfoliation treatment.
- If you have any questions contact your skin care specialist at 281-937-7537. In case of an emergency after hours call 281-417-8992.

Post Chemical Exfoliation Treatment Expectations

Very Superficial Chemical Exfoliation

- Day 1-2
Usually the skin is less irritated after the first 24 hours. Skin may look and feel dry, tight and appear slightly red. Use the recommended glotherapeutics skincare regimen.
If you experience discomfort, swelling or excessive irritation contact your skincare specialist.

Superficial Chemical Exfoliation

- Day 1-2
The skin will look and feel dry, tight and may appear slightly redder. In some cases the skin may deepen in color. Resume your recommended glotherapeutics skincare regimen.

Swelling may naturally occur as the skin's tissue has been disturbed. The application of a cool compress within the first 24 hours may be helpful.

Apply gloRemedy Gel if needed to reduce redness and irritation.

If you experience discomfort, swelling or excessive irritation contact your skincare specialist.

- Day 3-7

The skin will continue to feel dry and tight. Some may experience mild to moderate sloughing as this is a normal process of a chemical exfoliation treatment. The amount of sloughing varies depending on the chemical exfoliation treatment, home care products and skin conditions.

Medium Chemical Exfoliation

- Day 1

The skin may be a frosted white color for the first few hours. It will gradually become pinker and eventually red.

The skin will feel dry and tight which is normal.

The skin may feel hot, feverish and itchy and you may experience some mild discomfort.

Apply gloRemedy Gel if needed to reduce redness and irritation.

Swelling may occur as the skin's tissue has been disturbed. The application of a cool compress the first 24 hours may be helpful.

If you should experience excessive irritation, contact your skincare specialist.

- Day 2

The skin will look and feel dry and tight, similar to day one (1). In some cases the skin may deepen in color. Use recommended glotherapeutics skincare regimen. Apply gloRemedy Gel as needed and spray the gloRefreshing Mist several times throughout the day. It is critical not to pick or remove excess skin, as this may lead to hyperpigmentation and scarring.

- Day 3-7

During this time your skin will gradually begin to slough. The amount of sloughing varies depending on the chemical exfoliation treatment, home care products and skin conditions.

If at any time you are concerned or have questions about you post care, call the office immediately at 281-937-7537. If it is after hours, call our **emergency number (281) 417-8992**.