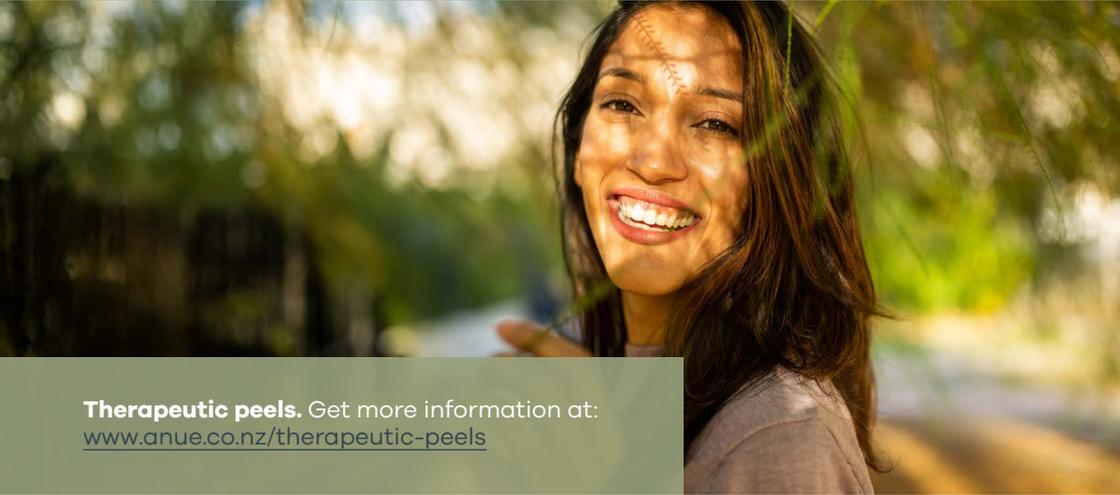


# Therapeutic Peels



**Therapeutic peels.** Get more information at:  
[www.anue.co.nz/therapeutic-peels](http://www.anue.co.nz/therapeutic-peels)

## Gently stimulate your skin's natural cellular repair for smoother, brighter, rejuvenated skin.

Therapeutic peels are used for a range of skin concerns and can be combined in a variety of strengths to optimise your treatment plan. Peels exfoliate the skin and stimulate the natural cellular turnover resulting in smoother, brighter, rejuvenated, more even-looking skin.

Please follow these post-treatment guidelines to optimise your results and minimise complications.

### Immediately After Treatment

- Apply a cold compress or ice pack to reduce any discomfort or swelling.
- Avoid touching, picking or pulling at the treated skin.
- Minimise sunlight exposure and use sunscreen.

- Treated areas may initially darken then lighten after 48-72 hours.

### Skin Care

- Use a soap-free cleanser and a non-fragrance moisturiser.
- Avoid exfoliation and any strong skincare products around the treated area for at least 2-3 days. This includes retinol (vitamin A) and vitamin C.
- Apply an SPF50+ sunscreen to protect the treated area. Avoid prolonged sun exposure for at least 2 weeks post-treatment.

### Activities

- Avoid strenuous exercise, hot showers, saunas, and steam rooms for at least 24-48 hours post-treatment.

If you have any concerns regarding your treatment, please contact your care team.



- Avoid swimming or soaking in hot tubs for at least 48 hours.
- Avoid waxing, hair removal, exfoliating or facial treatment for 1 week after treatment.

### Expected Results

- The full effects of the treatment may take 4 weeks to become visible.
- A course of treatments is recommended for optimal results.

### Potential Side Effects

- Itching, irritation, redness and swelling is normal following treatment. These typically subside within a few hours to days.
- Acne breakouts and pigmentation changes are possible, but uncommon.
- Reactivation of 'cold sores' can occur. Medication can be used to reduce this risk.
- Skin peeling and flaking for up to 14 days after treatment is normal.
- If you experience excessive redness, blistering, scarring, or signs of infection, please contact your healthcare provider immediately.
- Avoid peels if you are pregnant or breast-feeding. Please also delay peels if you have recently had surgery, wounds, infection or waxing to the treatment area.

### Follow-up Appointments

- We recommend a follow-up appointment 4 weeks post treatment to assess your results, individual response, and to plan additional treatments if required.

## We're dedicated to caring for you

We want you to be delighted with the results of your treatment at Anue. Following this guide can help ensure a successful recovery and maximize the benefits of your treatment.

If you have any questions or concerns at any point throughout your treatment, please do not hesitate to contact us.

### Follow-up appointment(s):

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### Notes

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