

Lira Clinical Skin Peel Pre & Aftercare

PRE-TREATMENT INSTRUCTIONS

Unless otherwise instructed to do so by your treatment specialist:

- One week prior to treatment avoid waxing, electrolysis, Laser Hair Removal, prescription retinoids/retinoid-like compounds (Retin-A, Renova, Differin, Tazorac), products containing Retinol, AHAs, BHAs, Benzoyl Peroxide, or any exfoliating products that may be drying or irritating or intensify the treatment on the area to be treated.
- Two weeks prior to treatment avoid microdermabrasion, chemical peels, dermaplaning, lasers, cosmetic injectables, skin needling, hair bleaching creams, hair removal creams and home rollers.
- Individuals who have medical cosmetic facial procedures must wait until skin sensitivity completely resolves before having a Professional Resurfacing Treatment and written consent from a doctor before completing clinical resurfacing.
- You must be on the prescribed Lira Clinical core four home care prior to commencing a Lira Clinical Peel, with the exception of Vita Brite and Pumpkin Plus peels.

POST TREATMENT INSTRUCTIONS

It is crucial to the health of your skin and success of your treatment that these guidelines be followed:

- It is imperative that you use the prescribed Lira Clinical Homecare Products. Immediately notify your treatment specialist of any concerns.
- Avoid direct sun exposure for at least 48 hours. Your skin may be more sensitive after your treatment so avoid strenuous exercise for at least 48 hours.
- Do not pick or pull any peeling skin.
- When cleansing your skin, do not use exfoliants or facial clothes for 2 weeks, finger tips only.
- Wait until all flaking and peeling is complete before returning to your regular home care routine or having additional professional treatments.
- One week after treatment avoid waxing, electrolysis, Laser Hair Removal, Retinol, AHAs, BHAs, Benzoyl Peroxide, or any exfoliating products that may be drying or irritating or intensify the treatment on the area to be treated.
- Two weeks after treatment avoid micro derma abrasion, derma planing, chemical peels, lasers, cosmetic injectables, skin needling and home rollers.