

AFTERCARE



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BEAUTY

Facial **AFTERCARE**

Facial Aftercare Instructions

To help your skin heal and maximize the benefits of your facial treatment, please follow these essential aftercare steps:

1. Keep Your Skin Hydrated

- Use a gentle moisturizer: Apply a calming, hydrating moisturizer to keep your skin nourished.
- Drink plenty of water: Hydrating from the inside helps support your skin's recovery and overall health.

2. Avoid Direct Sun Exposure

- Apply sunscreen: Always use a broad-spectrum sunscreen (SPF 30 or higher) during the day. Sunscreen is essential even if you're indoors, as UV rays can still affect your skin.
- Avoid tanning beds: Steer clear of tanning beds for at least a week post-facial.

3. Avoid Touching Your Face

- Hands off: Avoid touching your face throughout the day to prevent transferring bacteria, oil, or dirt that can cause breakouts.
- No picking or popping: Refrain from picking at your skin or blemishes, as this can lead to scarring or infection.

4. Follow Your Skincare Routine

- Use gentle, non-irritating products: Stick to your recommended products for the next 24-48 hours. Avoid any harsh exfoliants, retinols, or active ingredients unless advised by me.
- No exfoliation: Skip exfoliating scrubs, masks, or treatments for at least 3-5 days after your facial to give your skin time to heal.

5. Avoid Sweating & Heat

- Avoid hot showers, saunas, or exercise: For the first 24 hours, avoid anything that may cause excessive sweating or heat, as this can irritate your skin and potentially cause breakouts.

6. Be Mindful of Your Makeup

- Wait before applying makeup: If possible, wait at least 24 hours after your facial to apply makeup. Your skin will be more sensitive, and using makeup too soon can clog pores or irritate freshly treated skin.
- Use clean brushes: If you do wear makeup, ensure your brushes are clean to avoid introducing bacteria to your skin.

7. Monitor Your Skin

- Watch for any irritation: It's normal to experience slight redness or sensitivity right after a facial, but if you experience persistent irritation, discomfort, or breakouts, please reach out to me.
- Stay in touch: Let me know how your skin is reacting post-treatment so we can adjust your care plan as needed.

By following these aftercare steps, you'll ensure that your skin heals beautifully and that the benefits of your facial treatment last longer. If you have any questions or need additional guidance, don't hesitate to contact me.

Peel **AFTERCARE**

Chemical Peel Aftercare Instructions

Your skin is going through a rejuvenation process after your peel, and it's important to follow these aftercare steps to ensure optimal healing and results:

1. Keep Your Skin Hydrated

Use a gentle, hydrating moisturizer: Apply a soothing, hydrating moisturizer regularly to maintain moisture and support your skin's healing process.

Drink plenty of water: Hydrate from the inside by drinking water throughout the day, which helps your skin recover and stay nourished.

2. Avoid Sun Exposure

Wear sunscreen daily: Apply a broad-spectrum sunscreen with SPF 30 or higher every morning, even if you're indoors. Chemical peels can make your skin more sensitive to the sun, and UV exposure can cause pigmentation issues or irritation.

Avoid tanning beds: Do not use tanning beds for at least 1-2 weeks after your peel.

3. Don't Pick, Scratch, or Peel Your Skin

Hands off: Refrain from touching, picking, or scratching your skin during the peeling process. Picking at peeling skin can lead to scarring, irritation, or infection.

Let your skin naturally peel: Peeling is a normal part of the healing process and should happen naturally over 3-7 days. Do not attempt to speed up the process.

4. Avoid Harsh Skincare Products

No exfoliants or actives: Avoid using exfoliating products (scrubs, acids, or retinols) for at least 5-7 days post-peel. Your skin will be sensitive, and using harsh products can cause irritation or damage.

Stick to gentle, calming products: Use non-irritating, fragrance-free products for your skincare routine until your skin has fully healed.

5. Avoid Sweating & Heat

No intense exercise: Refrain from activities that cause excessive sweating, such as vigorous workouts, for the first 24-48 hours after your peel.

Avoid saunas, hot tubs, and hot showers: Excessive heat can irritate your skin and slow down the healing process. Keep your face cool and avoid high temperatures during the healing period.

Peel **AFTERCARE**

6. Be Gentle with Your Skin

Cleanse gently: Use a mild, non-foaming cleanser to wash your face for the first few days after your peel. Do not scrub or apply pressure when cleansing.

Pat your skin dry: After cleansing, gently pat your skin dry with a soft towel. Do not rub or pull on your skin.

7. Avoid Makeup for the First 24-48 Hours

Give your skin time to breathe: Avoid wearing makeup for at least 24-48 hours after the peel to allow your skin to heal and breathe.

Use clean makeup tools: If you need to wear makeup after the initial healing period, ensure your brushes and tools are clean to avoid bacteria that could lead to irritation or breakouts.

8. Expect Peeling and Redness

Peeling is normal: Depending on the strength of your peel, you may start noticing light peeling within 2-3 days, and peeling can last anywhere from 3-7 days. This is a natural part of the skin regeneration process.

Mild redness or sensitivity: It's common to experience mild redness or sensitivity right after your peel, but this should subside within a day or two. If redness persists or you experience excessive discomfort, contact me.

9. Stay in Touch

Monitor your skin: Keep an eye on how your skin reacts in the days following the peel. If you experience excessive irritation, dryness, or any other concerns, don't hesitate to reach out to me for advice or adjustments.

Follow up with me: Schedule a follow-up appointment or check-in after your peel to assess your results and discuss any further treatments if needed.

By following these aftercare instructions, you'll help your skin heal properly and maximize the benefits of your peel. If you have any questions or concerns, I'm here to guide you through every step of your skin transformation!

Microchannel **AFTERCARE**

Microchanneling Aftercare Instructions

After your Microchanneling treatment, it's important to follow the aftercare instructions to promote optimal healing, enhance results, and prevent irritation. Your skin will be more receptive to products, so it's crucial to treat it gently during the healing process.

1. Keep Your Skin Hydrated

Moisturize: Apply a soothing, hydrating moisturizer frequently to keep your skin nourished and prevent dryness. Look for products that contain hyaluronic acid or peptides to promote healing.

Drink plenty of water: Stay hydrated throughout the day to help your skin regenerate and maintain elasticity.

2. Avoid Sun Exposure

Use sunscreen daily: Apply a broad-spectrum sunscreen with SPF 30 or higher every morning to protect your skin from harmful UV rays. Your skin will be extra sensitive to the sun after microchanneling, and exposure can cause pigmentation issues or irritation.

Avoid direct sun: For the first 48 hours post-treatment, avoid direct sun exposure whenever possible. If you must be outside, wear a wide-brimmed hat or seek shade.

3. Don't Touch, Scratch, or Pick Your Skin

Avoid touching your face: Keep your hands off your face to avoid transferring bacteria, oil, and dirt that can cause breakouts or infection.

No picking: Do not pick or scratch any areas where your skin feels dry or tight. This can lead to irritation or scarring.

4. Avoid Harsh Skincare Products

Skip active ingredients: For at least 5-7 days post-treatment, avoid any harsh skincare products like retinols, AHAs, BHAs, Vitamin C, or exfoliating scrubs. These can irritate and over-sensitize your skin.

Stick to soothing, non-irritating products: Use only the gentle, post-treatment products recommended by your esthetician. These products will help restore and protect the skin.

5. Avoid Excessive Heat & Sweating

No strenuous exercise: Refrain from intense workouts for 24-48 hours after microchanneling, as sweating can irritate your skin and interfere with the healing process.

Avoid saunas, hot tubs, and hot showers: Stay away from heat sources for the first 48 hours. Excessive heat can increase redness, irritation, and swelling.

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6. Be Gentle When Cleansing

Use a gentle cleanser: Cleanse your face with a mild, non-foaming, hydrating cleanser. Avoid any harsh or exfoliating cleansers, and do not rub your skin aggressively.

Pat dry, don't rub: After washing, gently pat your skin dry with a clean towel—avoid rubbing or pulling on your skin.

7. No Makeup for 24-48 Hours

Give your skin time to breathe: Avoid makeup for the first 24-48 hours after your treatment to let your skin heal and reduce the risk of irritation. If makeup is necessary, be sure to use clean brushes and non-comedogenic products.

8. Expect Mild Redness & Sensitivity

Redness and slight swelling: It's normal to experience some redness and mild swelling immediately after the treatment. This usually subsides within a few hours to a couple of days.

Sensitivity: Your skin may feel sensitive, tight, or dry in the days following the treatment, but this should improve with hydration and care.

9. Avoid Excessive Facial Movement

Limit facial expressions: For the first 24-48 hours, try to avoid excessive facial movements like squinting or frowning, as this can strain the newly-treated skin.

10. Follow Up & Monitor Your Skin

Check-in regularly: Track how your skin is responding after the treatment. If you experience any unusual irritation, discomfort, or signs of infection, reach out to me right away for guidance.

Schedule a follow-up appointment: We'll review your results and discuss any additional treatments to enhance your skin's progress and achieve your desired outcomes.

By following these aftercare steps, you will help your skin recover effectively and see the best possible results from your Microchanneling treatment. If you have any questions or concerns along the way, feel free to reach out – I'm here to help you on your skincare journey!