

The Lira Smart Peels are superficial peels designed to improve the texture and appearance of your skin. With a wide range of peels and intensities and varying downtime expectations, your Skin Correctives therapist will give you your **detailed home care for the next 7 days after your treatment.**

Your participation in your treatment will determine the outcome. It is important that you **strictly adhere to all instructions** that your Skin Correctives therapist has provided.

- » **DO NOT take any anti-inflammatory pain medication** for the first 24 hours post-treatment; this includes Nurofen and Voltaren medications. Anti-inflammatory medications will negate the inflammatory response that is required to start the remodeling phase from your treatment. Always consult with your GP or pharmacist before making any changes to your medication.
- » Avoid excess heat or perspiration
- » **DO NOT exercise, swim, or expose your skin to sunshine** whilst the skin is peeling
- » **DO NOT apply anything other than the recommended products** to your skin
- » Mild flaking up to skin peeling is normal after these treatments - **DO NOT PICK!** Prematurely picking can result in scarring, hyperpigmentation & infection.
- » You may experience breakouts as the treatment encourages cell turnover. Please speak to your therapist of ways to control the breakouts, but most importantly, **DO NOT squeeze** the area or this will result in scarring.
- » **DO NOT undergo resurfacing treatments, lasers, waxing** or any other skin treatment not authorised by your Skin Correctives therapist for at least 2 weeks
- » During this time you will be under the care of Skin Correctives; it is imperative you adhere to all post care instructions. **DO NOT introduce any other skincare** lines during this period.
- » **DO NOT use Vitamin A, AHAs, BHAs and/or exfoliants** for 7 days after your peel
- » Ensure all flaking and peeling is complete before returning to your regular home care routine or having additional professional treatments (unless recommended otherwise by your Skin Correctives therapist)
- » After 7 days, it is highly recommended to use one of your prescribed at-home exfoliation products such as the Pro Anti-Aging Pads, Mystiq Illuminating Polish or ICE Clarifying Scrub to boost your results. Ask your Skin Correctives therapist which option is right for you.

IF YOU HAVE ANY QUESTIONS OR YOU REQUIRE ANY FURTHER INFORMATION, PLEASE FEEL FREE TO CONTACT US:

SHELLHARBOUR (02) 4297 7455 • Unit 8B, 75 Cygnet Ave

WOLLONGONG (02) 4229 7235 • Unit 1, 104 Kembla St

info@skincorrectives.com