after care



ASTER AESTHETICS

AlphaRet Peel *post-care*

WHAT TO EXPECT

We applied and removed your peel here, and your post-care went on before you left. Expect mild redness, tightness, or a warm stinging feeling right after, usually settling within hours to a day. Light flaking may follow over the next few days, and it may not. Plenty of people never visibly peel at all, and that says nothing about how well it worked. You can wear makeup the same day once your post-care is on, and carry on with your normal activity.

THE FIRST FEW DAYS — Keep It Simple

- Wash gently with a mild, fragrance-free cleanser and lukewarm water. Pat dry — do not rub.
- Apply a gentle moisturizer as often as you need it for dryness.
- **Makeup is fine the same day** — apply it over your post-care and take it off gently at night.

WHILE YOU HEAL — About a Week

- **No scrubs, exfoliating tools, cleansing brushes, or at-home devices** while the skin is flaking. Let it come off on its own.
- Skip saunas, hot yoga, steam, and heavy sweating for the first couple of days — heat makes healing skin more reactive.
- **No waxing, threading, or hair removal** in the treated area for about a week.
- Hold other facial treatments — microneedling, laser, another peel — until we clear you.

PROTECT THE RESULT — Every Day

- **Do not pick, pull, or scrub peeling skin.** Let it shed on its own — picking is the leading cause of dark spots and scarring.
- **If a larger piece lifts and hangs, trim it with clean facial scissors** — never pull it. Pulling tears skin that is not ready to release, and that is what causes lasting dark or light patches.
- Wear broad-spectrum **mineral SPF 50+** every morning and reapply through the day. This is the lightest of our peels, but healing skin still burns easily.
- Hold retinoids, exfoliating acids, and vitamin C for about **3–5 days,** or until we tell you to resume.

YOUR RESULT — Maintenance

- **How much you peel does not measure how well it worked.** Shedding depends on your skin thickness, turnover rate, how recently you exfoliated, your hydration, and the strength we chose — none of which reflect your result. The work happens at the cellular level whether or not you see it.
- AlphaRet pairs a retinoid with lactic, glycolic, and salicylic acids**. The retinoid keeps working in the skin well after any flaking is over** — that part you never see.
- Keep your water intake up and keep the skin moisturized while it turns over. Hydrated skin sheds evenly and looks better doing it.
- **This peel is meant to be done as a series, or on the maintenance rhythm we recommend for you.** A course spaced a few weeks apart does far more than any single visit — one peel starts the work, the series is what changes the skin.

REACH OUT WITH ANY CONCERN

Healing skin can look alarming before it looks good. If something seems off of you, call or text us.

- Increasing pain, redness, warmth, swelling, or burning after the first couple of days. Yellow crusting, discharge, drainage, or fever. Grouped blisters or painful sores — that can be a cold sore flare, and we treat it quickly. Skin that blisters, weeps, or opens, or any colour change that concerns you.

after *care*



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