after care



ASTER AESTHETICS

RDS Peel *post-care*

WHAT TO EXPECT

RDS is a medium-depth, two-step system. We applied the resurfacing solution and removed it here, then applied the calming solution — that second layer stay on. Leave it; it is your post-care and it is already done. Expect redness and tightness for a day or two, and light flaking at most. It is built for controlled exfoliation without dramatic peeling, so many people never visibly peel. That is how it is designed to work, not a sign it did not take.

THE FIRST 24 TO 48 HOURS Keep It Simple

- **Leave the calming solution on your skin.** It does not need to be washed off — it is working.
- When you do cleanse, use a mild, fragrance-free cleanser and lukewarm water. Pat dry, no scrubbing, no hot water, no washcloth.
- Moisturize as often as you need to. Tightness and mild dryness are the usual first days.
- **Makeup the same day** — apply over the calming layer and take it off gently at night.

IF YOU DO FLAKE Days 2 to 7

- Any flaking is usually light and late. Moisturize more often as it picks up.
- **Do not pick, pull, scrub, or help it along** with a washcloth, tool, or exfoliant. Let it release on its own.
- Skip saunas, hot yoga, steam, and heavy sweating for the first few days.
- **Flaking that never arrives is a normal outcome of this peel,** not a failed one.

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. Minimize direct sun while your skin is recovering.
- Hold retinoids, exfoliating acids, and vitamin C until your skin is settled and we clear you, usually about **5–7 days.**

YOUR RESULT Give It a Few Weeks

- **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.
- The brighter, more even skin keeps improving for several weeks as turnover finishes.
- Keep hydration up inside and out while it heals — water, a nutritious diet, and a gentle moisturizer.
- **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 to 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 busters, weeps, or opens, or any color change that concerns you.

ASTER AESTHETICS asteraesthetic.com 971-428-7254

after *care*



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