



Acne Facial After-Care Instructions

Thank you for trusting us with your skincare needs! Please follow the instructions below after your visit for best results:

TODAY

- Leave your skin as-is (with product) until this evening; you may use a gentle cleanser tonight. Follow up with gentle skincare products such as serum and moisturizer.
- Reapply SPF every 2 hours.
- Avoid: Skincare that contains fragrance, alcohol, salicylic acid, glycolic acid, & retinol.

THE NEXT 48-HOURS

- Continue with gentle cleanser for 48-hours after your treatment. Continue use of SPF and avoid sun exposure when possible.
- Avoid acid-based and exfoliating cleansers for the next 48-hours. You can return to your regular cleansing product(s) after that.
- Avoid heavy exercise, hot tubs & chlorine, and alcohol to reduce internal inflammation.

THE NEXT 2 WEEKS

- Use SPF diligently and reapply every 2 hours.
- If a chemical peel was used, you will likely begin peeling by day 3. Do not pick, pull, or scratch at your skin. If your skin purges, use pimple patches instead of extracting the blemishes.
- Avoid touching your skin, only use clean makeup tools, and make sure your bedding is clean.
- You may resume use of acid-exfoliants (glycolic/lactic/salicylic acid) after **5 days** and retinol after **7 days**. If irritation occurs, discontinue use for an additional 3-5 days.

*It is normal to experience some inflammation after your treatment. Your skin will likely feel tight and dry, especially if you use skincare with alcohol or fragrance. You are more photosensitive for **two weeks** so be cautious of sun exposure. If you have any questions or concerns, please do not hesitate to contact us!*

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