



# ALPHA-RET 30

## POST-CARE TREATMENT

### POST-TREATMENT CARE:

- Generally, non-comedogenica (non-pore clogging) makeup may be applied after each AlphaRet Professional Peel Treatment.
- Avoid exercise (sweating) for at least a few hours after each peel treatment.
- Avoid direct sun exposure; wear protective clothing (ex. Wide brimmed hat) and use a mineral sunscreen containing zinc and a SPF higher than 30.
- Do not use retinoid or retinol containing products such as Tretinoin, AlphaRet Overnight Cream, or other Vitamin A derivatives for 5 days after your peel treatment.
- Do not use other potentially irritating ingredients such as a harsh exfoliating product (AHA's) or (BHA's)
- If irritation occurs, stop or do not resume use of products until skin is normalized.
- Facial hair should not be waxed for 48 hours after an AlphaRet Professional Peel Treatment. You may resuming shaving the day after each peel treatment or when the skin has normalized.
- Avoid the use of heat sources such as steam, saunas, professional or home hairdryers for 8 hours following an AlphaRet Professional Peel Treatment.

**If you have can concerns or questions, please call 860-656-7482 or text 860-831-4341**

**Thank you for choosing Crystal Valley Medical Aesthetics**