



# THE FEW INSTITUTE

For AESTHETIC PLASTIC SURGERY

Post-Procedure	Chemical Peel	Ultra Peel Forte	Silk Peel	Dermal Roller
<b>DO NOT</b> use hot tubs, steam rooms, saunas, work out, swim, or cause excessive perspiration for:	2 days	7 days	1 day	2 days
<b>DO NOT</b> use loofas, facial scrubs, or other mechanical exfoliations for:	2 weeks	1 month	1 week	1 week
<b>DO NOT</b> direct a hair dryer onto the treated area for:	2 days	1 week	1 day	1 week
<b>DO NOT</b> apply ice or ice water to treated area for:	2 days	2 weeks	2 days	
<b>DO NOT</b> have electrolysis, facial waxing, laser tx's or shave the skin for:	2 weeks	1 month	1 week	2 weeks
<b>DO NOT</b> pick at exfoliating skin, let it fall off naturally	Never ever	Never ever	Never ever	
The flaking/peeling process normally starts:	2-3 days after tx	2-3 days after tx	2-3 days after tx (if any)	
Flaking/Peeling can last anywhere from:	2-7 days	1 week-1 month	2-7 days	
Topicals, over-the-counter, and prescriptions medications may be resumed:	2 weeks	1 month	1 week	1 week
Use a mild skin care products for:	2 weeks	1 month	1 week	1 week
Avoid direct sunlight:	2 weeks	1 month	1 week	1 week
Use SPF 30+:	Always	Always	Always	Always
No heavy Make-up	1 day	1 week	1 day	1 day

Stay Cool, heating internally can cause hyperpigmentation. Your skin may be slightly pink/red after your treatment.



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Consult with your physician before temporarily discontinuing use of prescription medications. Use of antibiotics may cause sensitivity to the skin.

If you were sent home with a balm please use as directed.

Please call The Few Institute with any questions regarding your treatment. 312.202.0882