



ELIZAVETA NEGINSKAYA

*EN Signature Brows & Beauty Studio*

## Carbon Laser Peel Aftercare:

### Avoid Active Ingredients and Chemicals

After your Carbon Laser Peel appointment, the top thing you need to do is to avoid active ingredients in your skincare products and beauty routine. Avoid any products that contain alpha hydroxy acids, retinol, and glycolic acid for at least two weeks because these can irritate your skin.

### Avoid Other Treatments

Avoid getting skin treatments at least two weeks prior to your session; these includes microdermabrasion and any type of professional or home exfoliation, Botox, Fillers, etc.

### Use Sun Protection

Wearing sun protection is extremely important whether you are seeking a Carbon Laser Peel treatment or not. You should always wear sun protection because it protects your skin from the harsh UVA and UVB rays of the sun. This includes wearing sunscreen, as well as a hat when going out in the sun.

### Refrain from Smoking

Smokers need to be extra careful when considering laser treatments because it can affect their bodies' ability to heal and achieve optimal results. Nicotine has been known to narrow the blood vessels in the skin, which prevents nutrients from reaching the outer layer of the skin.

### Avoid Exfoliation

After a laser treatment, you should think of your skin as a fresh wound that needs to be treated with gentle care. You should avoid any products that contain strong fragrances and chemicals and stop your exfoliation for at least two weeks.

You can use products with peptides, emollients, and SPF 25+, and if you need to cleanse your skin, choose a milk cleanser or gentle moisturizing face wash.

### Avoid Heavy Exercising

Your skin needs time to heal, and for your body to do that, it needs rest. Heavy exercising and sweating can irritate the delicate skin and slow down your ability to heal quickly. Take it easy—your skin will thank you for it!