

AFTERCARE ADVICE FOR PHFORMULA SKIN RESURFACING

TO MAXIMISE YOUR RESULTS AND SUPPORT SKIN HEALING, FOLLOW THESE AFTERCARE GUIDELINES:

FIRST 24–48 HOURS:

- Avoid touching your face to minimise irritation.
- Keep skin hydrated with a recommended post-treatment moisturiser.
- Use only gentle, pHformula-approved skincare products.
- Avoid excessive heat, including hot showers, saunas, and intense exercise.
- Do not pick, rub, or exfoliate the skin.

ONGOING CARE (up to 7 Days):

- SPF is essential – apply a broad-spectrum sunscreen (SPF 30 or higher) daily, even on cloudy days.
- Avoid active ingredients such as retinoids, AHAs, BHAs, and strong exfoliants until advised.
- Keep skin hydrated with soothing, barrier-repairing products.
- Minimise sun exposure and avoid tanning beds.
- Makeup should be kept minimal for at least 24 hours.

Your skin may feel slightly sensitive, tight, or experience mild peeling—this is normal and part of the renewal process.

For best results, follow the prescribed skincare routine and attend any recommended follow-up treatments.

If you have any concerns, contact the clinic for advice.