The Danebury Practice

# pHFORMULA CHEMICAL RESURFACING AFTERCARE GUIDANCE

This aftercare guidance is designed specifically for **pHformula clinics** and must be followed carefully to ensure safe healing, optimal skin regeneration, and best treatment results.

## ABOUT PHFORMULA RESURFACING

pHformula is a pharmaceutical-grade skin resurfacing system that works by **controlled chemical skin regeneration** rather than traditional peeling. Post-treatment care is essential to support the skin barrier and prevent complications.

## IMMEDIATELY AFTER TREATMENT (0–24 HOURS)

- Redness, warmth, tingling, and tightness are **expected and normal**.
- Do **not** touch, rub, or pick the treated skin.
- Do **not cleanse** the skin for at least **6–12 hours**, or as instructed by your practitioner.
- Avoid makeup, SPF, and all active skincare products unless specifically advised.
- Apply only **pHformula prescribed post-treatment products** (e.g. pHformula POST Recovery Cream).

## FIRST 48–72 HOURS

- Cleanse gently using a **pHformula-approved cleanser** only.
- Apply prescribed pHformula recovery products as directed.
- Avoid:
    - Exercise and excessive sweating
    - Swimming, saunas, steam rooms, and hot baths
    - Alcohol consumption
    - Shaving, waxing, or hair removal in the treated area

## PEELING & SKIN RESPONSE

- Dryness, tightness, redness, and **light to moderate peeling** may occur (typically days 2–5).
- **Do not pick, peel, or exfoliate** the skin.
- Allow the skin to shed naturally to reduce the risk of pigmentation or scarring.

## PRODUCTS TO AVOID

Avoid the following for **7–10 days** or until advised otherwise by your pHformula practitioner:

- Retinol / Vitamin A
- AHAs, BHAs, PHAs
- Vitamin C (unless prescribed)

- Benzoyl peroxide
- Physical or chemical exfoliants

Use **only pHformula products** recommended by your clinic.

**SUN PROTECTION (CRITICAL)**

- Avoid direct sun exposure for at least **7 days**.
- Apply **pHformula SPF 30–50** daily once advised (usually after 24 hours).
- Reapply SPF regularly when outdoors.
- Avoid sunbeds for a minimum of **2–3 weeks**.
- Wear protective clothing and hats when exposed to daylight.

**WHAT IS NORMAL**

- Redness lasting up to 3 days
- Tightness and sensitivity
- Mild swelling
- Dryness or peeling

These responses indicate active skin renewal and should gradually settle.

**WHEN TO CONTACT YOUR PHFORMULA CLINIC**

Contact your clinic immediately if you experience:

- Increasing redness, swelling, or pain after 72 hours
- Signs of infection (weeping, pus, excessive heat, fever)
- Severe itching, blistering, or unexpected pigmentation changes

**RESULTS & TREATMENT COURSE**

- Visible improvements in tone and texture are often seen within **7–10 days**.
- Skin regeneration and collagen stimulation continue over several weeks.
- A personalised course of pHformula treatments may be recommended for best results.

**This guidance forms part of your pHformula treatment protocol and must be followed as advised by your clinic practitioner.**

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