DR EYAS MEDANAT

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GUIDES

Skin Renewal Peel

A cold peel removes the dull outer layer of the skin in a controlled way, so fresher, smoother and more even skin comes through. Depending on the peel, the skin may flake or peel for several days.



1 At a glance

PROCEDURE TIME	ANAESTHESIA	BACK TO WORK
30–45 minutes	None; a warm or tingling feeling for a few minutes	Straight away or the next day

EXERCISE	RESULTS	HOW LONG IT LASTS
After 48 hours	After the peeling settles, about 7–10 days	A course gives the best result

2 Before your treatment

Specific to this procedure

- Stop retinol, acids and scrubs 5–7 days before.
- No waxing, threading or laser on the area for 1 week before.
- Avoid sunburn and tanning for 2 weeks before.
- Tell us if you get cold sores, are pregnant or breastfeeding, or have taken isotretinoin (Roaccutane) in the last 6 months.

3 After your treatment

First 48 hours

- Tightness, redness and a warm feeling are expected.
- Wash with cool water and a gentle cleanser only; pat dry.
- Moisturise often with the product we advise.
- No exercise, sauna, steam or swimming for 48 hours.

While the skin peels

- Peeling usually starts on day 2–3 and lasts 3–7 days.
- Do not pick, pull or scrub the peeling skin — it can leave marks.
- No retinol, acids, vitamin C or scrubs until the peeling has finished.
- No waxing, threading or laser for 2 weeks.

Sun

- SPF 50 every day, reapplied every 2 hours outdoors, for at least 4 weeks.
- Avoid direct sun and wear a hat — new skin marks easily.

4 Your recovery, week by week

Day 1–2

Tight, slightly red skin.

Day 2–7
Flaking or peeling.

Day 7–10
Fresh, smoother skin.

5 Recommended sessions

- One session is usually enough. Repeat about every 5 weeks to keep the result.

Call us straight away if you notice

- ⚠ Blisters, crusting, oozing or strong swelling.
- ⚠ A cold sore starting on the treated area.
- ⚠ Dark patches appearing after the peel has healed.
- ⚠ Increasing redness, heat, swelling or pain after the first 2–3 days, pus, or a fever.
- ⚠ Anything you are worried about — send us a photo on WhatsApp and we will advise you.

⊕ **Chest pain, difficulty breathing, or heavy bleeding that will not stop: call 998 (ambulance) or go to the nearest emergency department, then let us know.**

Questions while you recover — Message or call the clinic any time — no question is too small, and it is always better to ask early. **+971 50 108 8378** (WhatsApp) · info@eyas.doctor

This guide gives general advice. Dr. Eyas may give you instructions made just for you — at your consultation or when you go home after surgery. If his instructions are different from this guide, follow his instructions. If you are not sure, message us. Last reviewed: November 2026.