



VI Peel

PRE+POST CARE INSTRUCTIONS

PRE-TREATMENT CARE:

- Please arrive with no makeup applied to face.
 - Wait at least one-year post Accutane/isotretinoin use before your peel.
 - **One week before peel, patient should avoid:** Electrolysis, Depilatory Creams, Waxing, Laser Hair Removal
 - **3 days before peel, patient should avoid these products** and/or procedures: Retin-A[®], Renova[®], Differin[®], Tazorac[®]; any products containing retinol, alpha-hydroxy acids or beta-hydroxy acids, or benzoyl peroxide; any exfoliating products or procedures that may be drying or irritating.
 - If you are prone to herpes simplex outbreaks, such as cold sores, consult your provider on ways to treat prior, or discuss whether the procedure is appropriate for you.
 - If your face or treatment area has irritated skin (sunburn, open wounds, warts, sores, excessively sensitive skin) the day preceding your appointment, please contact our office before your appointment.
 - Chemical peels are contraindicated in patients with a history of recent chemotherapy or radiation therapy; allergies to salicylates like aspirin, phenol or hydroquinone allergy; rashes, or skin reactions; vitiligo, autoimmune disease (rheumatoid arthritis, psoriasis, lupus, multiple sclerosis), liver condition, or any condition that may weaken their immune system; and pregnancy or breast feeding.
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POST-TREATMENT CARE:

General

- Follow the instructions provided in the aftercare booklet and/or download the VI Peel App.
- Normal side effects include but are not limited to redness, mild stinging, dryness, mild itching.
- **During the 7-10 days post-peel:**
 - Use the Retinoic Serum morning and night until flaking or peeling begins, then immediately discontinue use.
 - Use the Post Treatment Repair Cream anytime skin feels dry or itchy.
 - Avoid hot water on the treated area. Lukewarm water is best.
 - When cleansing the area, use only your fingertips and avoid washcloths, loofahs, or anything abrasive. Cleanse the skin using a gentle cleanser with no fragrance or active ingredients (VI Derm Gentle Purifying Cleanser, SkinBetter Gel Cleanser, Cetaphil, etc.).
 - Avoid direct sun exposure on treated areas. ◦ Use SPF 50+ on treated areas when outdoors, including while driving.
 - Avoid sweat-inducing environments until peeling begins. This includes aerobic exercise, saunas, etc.
 - Wear loose-fitting, cotton-based products on the treated area.
 - If any products in the post peel kit sting or irritate beyond your tolerance reach out to your practitioner for options to use instead.

Peeling

Flaking/Peeling typically begins 3-7 days after the peel is applied. When this begins, remembering the following:

- Skin will feel tight or dry right before it peels.
- Do not pick, pull, or roll the skin as this could lead to significant irritation and possible hyperpigmentation and scarring.
- Peeling may look like light flaking, sheet peeling, or may be barely visible to the naked eye. The amount of visible peeling you will experience varies greatly. You will peel as much as your skin needs to peel.
- Flaking/Peeling may last 3-7 days and varies from person to person. If any products in your Patient Aftercare Kit sting or irritate beyond your tolerance, stop and reach out to your practitioner.

Post Peel

- Shaving can be resumed after the peeling process is complete.
- Waxing can be resumed 2 weeks after peeling process is complete.
- Exfoliating products can be resumed 1 week after peeling process is complete.
- Swimming/Pool can be resumed after peeling process is complete.
- Scheduling the Next VI Peel Body: VI Peel Body treatments should be scheduled every 4-6 weeks (for best results)

IT IS IMPORTANT TO FOLLOW THE SPECIFIC PRE+POST INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS.
IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE INSTRUCTIONS, BE SURE TO CONTACT US FOR MORE GUIDANCE.

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