

VI Peel Post-Care Instructions



DAY 1:

- The skin may be tight and more red than usual. The skin may feel tacky and have a yellow-to-orange tinge. This is temporary and will begin to fade within a few hours.
- Wait until a minimum of 4 hours before washing your face or getting wet.
- Locate your post-procedure kit of supplies. These are the products that you will be using during the next 7 days following treatment.

Minimum 4 HOURS POST TREATMENT:

- Cleanse the skin using the Gentle Purifying Cleanser. Rinse with cool water and pat dry.
- Locate the towelette labeled Post Peel Towelette, using gentle pressure, apply to areas where the peel was applied. Discard towelette and wash hands.
- Wait 10 min, then apply a thin layer of Post Treatment Repair Cream. You may apply makeup if desired, a mineral makeup is preferred.

1 HOUR BEFORE BEDTIME:

- Cleanse the skin using Gentle Purifying Cleanser. Rinse with cool water and pat dry.
- Locate the towelette labeled Precision Plus Post Peel Towelette. Using gentle pressure, apply to areas where the peel was applied. Discard towelette and wash hands.
- Wait 30 min, then apply the 2nd Post Peel Towelette. Do not wash off.
- Wait 10 min, then apply a thin layer of Post Treatment Repair Cream. Sleep tight!

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Day 2 NEXT MORNING:

- Cleanse the skin using Gentle Purifying Cleanser. Rinse with cool water and pat dry.
- Apply a thin layer of Post Treatment Repair Cream. Reapply as often as needed. You may apply makeup if desired, a mineral makeup is preferred.
- Apply VI Derm SPF 50+ Sunscreen, even if it's not a sunny day. Reapply throughout the day.

1 HOUR BEFORE BEDTIME:

- Follow the same instructions listed under day one - 1 hour before bedtime.

Day 3-7

- Peeling generally starts 36-48 hours after the procedure and lasts 2-5 days.

MORNING - PEELING OR FLAKING USUALLY BEGINS

- Follow the same instructions listed under day two - morning.

EVENING

- Cleanse the skin. Rinse with cool water and pat dry. Apply Post Treatment Repair Cream as needed.
- After day 7, you may resume your normal skincare routine. For the biggest benefit from your VI Peel Treatment, we recommend
- continuing with the VI Derm Cleanser and SPF 50+, in addition to incorporating other skincare essentials from the VI Derm line.

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AFTERCARE TIPS:

- The level of peeling may vary from flaking to heavy peeling. You will peel as much as your skin needs to peel.
- Your skin may experience slight irritation, itchiness, or inflammation.
- Dark spots may temporarily darken during the peeling process.
- Acne purging may be noticed as impurities are brought to the surface of the skin.
- Avoid sun exposure for 7 days after your VI Peel Treatment.
- Avoid rubbing, pulling, picking, and peeling the skin. This can cause irritation, scarring, and pigmentation.
- Avoid activities that cause excessive sweating until your peeling begins. Once peeling has begun, resume your exercise routine but we recommend avoiding the sauna, hot tubs, and steam rooms until your peeling has completed on day 7.
- Avoid hot water when cleansing your face.
- Stay hydrated and drink lots of water.
- After application of each towelette, wash hands with soap and water.

POSSIBLE REASONS TO NOT PEEL:

- Patients with severe sun-damaged skin may require 1 or 2 treatments before the peeling becomes substantial. Severely sun- damaged skin has a rough texture and increased epidermal thickness. These patients will initially see a minimal amount of peeling; in some cases, peeling will not be observable to the naked eye. More peeling will occur with subsequent peels.
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- Having peels regularly with a short interval between peels or frequent use of chemical or physical exfoliants prior to the peel treatment will increase the penetration of the peeling agents into the skin and, therefore, enhance the procedure's results. However, the amount of visible peeling may decrease.
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- The outcome of the peel is not determined by the amount of peeling but by the results produced, including an improvement in overall skin condition, smoothness of skin texture, etc.
- The level of peeling could range from flaky to substantial. Your skin will peel whatever it needs to peel.