



VIPEEL PRE/POST CARE TIPS

PRE-PEEL

- Please stop retinol and hydroquinone 48 hrs prior to your peel.
- **NOTE: you must avoid sun exposure, heat, and sweating for 72 hours after your peel.**

POST-PEEL

- If significant discomfort is experienced when applying any product after treatment, discontinue use of that product. Cleanse the skin with cleanser (safe for post procedure).
- The post peel protectant (hydrocortisone cream) may sting upon application but stinging quickly subsides. Aquaphor can be used for overly dry, chapped areas.
- During the peeling phase, you must avoid sun exposure. The use of sunscreen is essential. You may go out in the sun when the exfoliation subsides, but your skin will be more sensitive to UV rays. Reapply sunscreen when outdoors.
- Refrain from physical activities for 72 hours. Inducing excessive perspiration can lead to post-inflammatory hyperpigmentation or blistering.
- During the week following the peel, use a gentle cleanser. Use post peel protectant as needed. Use SPF every day.
- Do not cleanse the skin with a facial brush machine.
- Refrain from forcing or peeling the skin as it can cause scarring or post inflammatory hyperpigmentation. If you must trim excessive skin from the face, a small pair of scissors is acceptable. Never force or peel the skin off in sheets.
- Please follow the aftercare instructions listed in the booklet or in the app.
- **Typically peeling begins on the third day, starting in the peri-oral area then peeling outward. The forehead and neck will be the last areas to peel. Days 3,4, and 5 are the typical days of peeling. By day 6 most of the exfoliation has subsided. The skin on the body peels slower than the face; usually starting day 4-7 and taking up to 10 days or more.**
- Optimal results may take three to six peels as part of a series.

For any questions/concerns, or to report any side effects, please contact our office directly at 609-452-0246.