

VI Peel® Care Instructions

PRE-PEEL CARE INSTRUCTIONS

- Avoid excessive sun/tanning bed exposure, electrolysis, depilatory (hair removing) creams, waxing and laser hair removal of the face 5 to 7 days prior to peel.
- Stop any exfoliating or potentially irritating products (hydroquinone, tretinoin/Retin-A etc.). Also discontinue benzoyl peroxide and salicylic acid cleansers and toners 2 days prior to peel.
- The use of most skin care products (except potentially irritating products mentioned above) can resume 48 hours after application of the peel.

POST-PEEL CARE INSTRUCTIONS

Immediately following the VI Peel, the skin may look yellow, red or tan. The yellow color is due to the Retinoic Acid included in the formulation; it is temporary and will fade in minutes.

After the peel you will experience mild to moderate peeling and redness on your journey to revealing fresh, glowing skin. Redness typically lasts 2 days. Peeling typically begins 24-48 hours after application and may last for up to a week. Follow these important steps to help keep your skin protected and healthy while your peel takes effect:

Day 1:

- Do not wash, touch or apply make-up to treated areas for 4 hours. If you can tolerate it, leave solution on until evening or next morning.
- If you have itching or irritation prior to the 4 hour time period, you may wash treated areas with mild cleanser and water. Do not rub treated areas with anything harsh.
- Make-up can be applied over treated areas in 4-6 hours if necessary.
- If you must, you may exercise after the peel, but the solution should be left on the skin for at least 4-5 hours prior. Make sure to wash the solution off completely right before commencing exercise.
- First night: One hour before bedtime wash face with a mild cleanser and water, dry, and apply 1 supplied post-peel towelette to the peeled area(s).
- If you feel irritation and dryness, you may start applying the supplied VI Derm Moisturizer.

Day 2:

- If out in the sun, please apply the supplied VI Derm SPF 30 Sun Protection. Use supplied moisturizer in a.m.
- One hour before bedtime, wash face with mild cleanser and water, dry, and apply 1 supplied post-peel towelette to the area(s). If dry, use the supplied moisturizer.
- For continued redness/irritation, use a thin layer of supplied 1% hydrocortisone twice daily for up to a week.

Day 3-5:

- Use Sun Protection when in sun and moisturizer.
- Peeling usually begins on the third day (mouth typically first).
- As peeling begins, use moisturizer to camouflage sloughing skin. Do **NOT** pick or strip off sloughing skin to prevent redness, irritation, and hyperpigmentation.
- As you wash your face the old skin will slough off. Wash with a gentle cleanser and pat dry (no scrubbing). Apply moisturizer afterwards.

Day 6+:

- Ok to resume your regular skin care regimen including retinoids/hydroquinone/exfoliants etc. If sensitivity occurs, wait a few days before adding irritating products.

Helpful Information

- During the first week post-peel, do not soak treated areas. This will cause the skin to peel earlier and create more redness and irritation.
- Avoid sun and tanning beds for at least one week. Always use sunscreen when outdoors.
- Facial treatments ok after one week.
- Multiple treatments typically give additive results.