



## VI PEEL Pre-Treatment and Post-Treatment Care

**Pre-Treatment:** No retinol for three days prior to treatment. Avoid sun exposure - no tanned skin. If you have an allergy to aspirin or phenol, are pregnant or breastfeeding, you CANNOT get this procedure done. Plan to NOT exercise vigorously for the next 3–4 days after treatment. Avoid excessive perspiration as sweating may induce water blisters and excessive internal warming. Plan to have the peel remain on your face for four hours post treatment. If you are prone to cold sores, please let us know prior to treatment.

**Post-Treatment:** 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, Dove, 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 5–7 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/Pools can be resumed after peeling process is complete.

Initials

Initials

---