

VI PEEL

POST CARE INSTRUCTIONS

GENERAL INFORMATION

Immediately after, the skin may appear tanned, yellow, or pink; this is temporary and will fade. It may also feel a bit tight before peeling begins.

Avoid physical activity or exercise for 72-96 hours after peel application.

Treat it like a sunburn: avoid sun exposure, sweating, and heat.

DAY ONE

- Do not wash, touch, or apply makeup to the treated area for 4-6 hours.
- If you have itching or irritation that cannot be tolerated, you may wash the treated area with a mild cleanser & water. Take Benadryl if needed.
- Cleanse after 4-6 hours with a mild cleanser (such as the SkinCeuticals Gentle Cleanser or Soothing Cleanser) and water with fingertips only.
- Avoid using washcloths or facial machine brushes for the first week.
- Make sure skin is completely dry, then apply one of the post-peel retinoid towelettes to the peeled area 30-45 minutes after cleansing.
- If the skin becomes irritated or itchy, you may apply the Vi Derm moisturizer included in this kit or a light layer of hydrocortisone cream.

DAY TWO

AM: Gently wash face with a mild cleanser. Apply the Vi sunscreen and/or make-up. Be aware of your sun exposure and wear sun protection. A gentle moisturizer can be applied as often as needed throughout the day.

PM: One to two hours before bedtime, wash with a mild cleanser and water using fingertips. Dry well, as skin must be completely dry. Apply the second post-peel retinoid towelette to the treated area. Wash hands after applying.

- During the day, it is normal to feel your skin tightening.
- Do not excessively soak or scrub treated areas in the shower.

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DAY TWO (cont.)

- Avoid sunlight as much as possible during the peeling phase. Protect your investment by using sunscreen with an SPF of 30 or higher.
- Do not use anything on your face that is likely to burn or sting.

DAYS THREE - FIVE

During these days, you will begin the peeling process by seeing a slight sloughing of the skin; starting around the mouth, then the rest of the treated areas. The forehead and neck will be the last areas to peel.

Please note: every peel will result in a different peel timeline!

AM: Cleanse with a mild cleanser, then apply moisturizer and sunscreen before make-up. Keep your body hydrated and your skin moisturized as often as needed for comfort or to hide any sloughing of the skin.

PM: Cleanse with a mild cleanser and moisturize with the Vi moisturizer.

- At this time, the skin can get very itchy. This is a normal sign of healing! Again, apply a light layer of hydrocortisone cream over the "itchy" areas.
- Do not pull, pick, or scrub at treated skin. Picking can cause irritation and hyperpigmentation. Let the skin fall off when it is ready.

DAY SIX AND AFTER

As your skin begins to peel less, you may resume your normal skin care regimen. However, your skin may still be sensitive. Wait until the sensitivity subsides before using any strong products. This may take up to 2 weeks.

- Daily skin maintenance using medical-grade skincare products such as SkinCeuticals will help preserve the effectiveness of the V Peel.
- VI Peels should be scheduled every 4-6 weeks for best results.