

Pre-Treatment Instructions for VI Chemical Peel

- Avoid microneedling 2-4 weeks before VI Peel.
- Avoid sun exposure and being tan 1 week before VI Peel.
- Avoid waxing, threading, or depilatory creams for 10-14 days before VI Peel.
- Avoid electrolysis and laser treatments for 7 days before VI Peel.
- 3 days before peel, patient should avoid these products and/or procedures: Retin-A®, Renova®, Differin®, Tazorac®; any products containing retinol, alpha-hydroxy acids or beta-hydroxy acids, or benzoyl peroxide; any exfoliating products or procedures that may be drying or irritating.

Post-Treatment Instructions for VI Chemical Peel

Day One:

- If you have excessive itching or irritation prior to this time period, you may wash the treated area with a mild cleanser and water. DO NOT rub with anything harsh such as a sponge or a washcloth. Take Benadryl if needed.
- Cleanse after 4 - 6 hours. Wash area with a mild cleanser (if you don't have one we will suggest one) and water with hands only. Pat dry. Apply one of the post-peel retinoid towelettes to the peeled area 30 - 45 minutes after cleansing peel. Making sure the skin is completely dry before applying the towelette.
- Allow the product to absorb into the skin before going to bed (at least 1 hour before bedtime).
- If after applying the towelette you feel extremely dry or slightly stinging you may use the Vi Derm Moisturizer included in this kit. If needed, you may also apply a light layer of hydrocortisone 1% or 2.5% cream to relieve any irritation or redness.

Day two:

- AM: Gently wash face with a mild cleanser. You should apply the Vi sunscreen and/or make-up. Be aware of your sun exposure and make sure you have protection on.
- PM: One to two hours before bedtime, wash area with a mild cleanser and water with hands only. Pat dry. Apply the second post-peel retinoid towelette to the peeled area at least one hour before bed. This will allow the product to absorb into the skin before going to bed.

VI-Peel Post-Instructions Continued.

Day Three-Five:

- AM: Cleanse with mild cleanser, then apply moisturizer (if needed) and sunscreen before make-up. (Please use the products given). You may apply hydrocortisone cream at this time.
- PM: Cleanse with mild cleanser and moisturize with the VI moisturizer. You can also apply hydrocortisone cream.
- You will start the peeling process by seeing a slight slouching of the skin, first around the perioral area (mouth) then the rest of the treated areas. At this time the skin can get very itchy. This is a sign of healing and is normal! Again, apply hydrocortisone cream over the "itchy" areas.
- After peeling begins, apply Vi Derm moisturizer as often as necessary for comfort or to hide any sloughing of the skin. This will also aid in the elimination of picking the peeling skin. Refrain from picking the skin so redness, irritation and hyperpigmentation do not occur.

Day Six and After:

- You may resume your regular skin care regimen. If your skin is still sensitive or becomes red or irritated, wait until sensitivity subsides before using any strong products. This may take up to 2 weeks.

Additional Tips:

- Do not put the face directly into a hot shower until at least 7 days post procedure.
- Do not use a steam room, jacuzzi, or sauna until at least 7 days post procedure.
- Do not go swimming until at least 7 days post procedure.
- Do not participate in activities that would cause excessive perspiration until at least 7 days post procedure (excessive perspiration early in treatment could cause blistering).
- Do not use mechanical exfoliation (loofah or facial machine brush) until at least 10-14 days post procedure.