

# Patient Post VI Peel Instructions

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**Immediately following the VI peel, the skin may look light 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.**

## **DAY ONE**

- 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.
- However, if you have itching or irritation prior to the 4 hour time period, you may wash treated areas with a 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 needed.
- If you must you may exercise after the peel, but the solution should be left on the skin for at least five hours prior. Make sure to wash the solution off completely right before commencing exercise.
- Washing treated areas on first night: Approximately one (1) hour before bedtime, wash face with a mild cleanser and water, dry well, and apply 1 of the post-peel towelettes to the peeled area.
- If needed, you may start applying VI Derm Moisturizer supplied in your patient kit to relieve any irritation.

## **DAY TWO**

- If you are going to be outside be sure to apply the Vi Derm SPF 30 Sun Protection supplied in your patient kit.
- Approximately one (1) hour before bedtime, wash face with mild cleanser and water, dry well, and apply 1 of the post-peel towelettes to the peeled area.
- If you feel extremely dry or uncomfortable, you may begin using the Vi Derm Moisturizer.
- If needed, you may apply a very light layer of hydrocortisone 1% or 2.5% cream to relieve irritation or redness. If the hydrocortisone cream does not relieve you discomfort, please call your physician for additional assistance.

### **DAY THREE through FIVE**

- If you are going to be outside be sure to apply the Vi Derm SPF 30 Sun Protection supplied in your patient kit.
- You will start the peeling process by seeing a slight sloughing of the skin, first around the peri-oral area (mouth), then following the rest of the treated areas. (If treated, the neck, chest, back and hands will take slightly longer to start peeling (up to a week)).
- 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. You are advised to refrain from picking the skin so redness, irritation, and hyper-pigmentation do not occur.
- When washing treated areas morning and night, old skin will slough off. Wash and pat dry. (Do not scrub). Then apply the Vi Derm Moisturizer.

### **DAY SIX and AFTER**

- You may resume your usual skin care product regimen. If your skin is still sensitive or becomes red or irritated, wait until sensitivity subsides.

#### **Additional Tips**

- During the time before and after you start peeling, do not excessively soak treated areas. This will cause the skin to prematurely peel, causing redness and irritation.
- Avoid sunlight as much as possible during the peel phase. For your protection, make sure to use the Vi Derm SPF 30 Sun Protection that is provided in your patient kit.
- Do not have any facial treatment for at least one (1) week after you have completely finished peeling.
- Do not use anything on your face that may sting or burn. If you do, wash it off immediately.
- It will take your skin approximately 4 days at the completion of your peeling to go back to its normal PH balance. This is when your skin will start to look its best. At this time you may resume the regular use of products or bleaching creams, unless instructed differently by your doctor.
- Daily skin maintenance using a skin care regimen approved by our aesthetician is imperative to preserve the effects of the VI Peel.
- You may need multiple treatments of the Vi Peel to see the results you desire.

#### ***The skin's sensitivity to the sun is greatly increased after the VI Peel:***

- Sun exposure should be limited and adequate protection with a proper sunscreen should always be used.