

Post VI Peel Instructions

1. **Leave the peel on for at least 4 hours or longer**, unless irritation occurs. Do not apply anything on top of the skin for 4 hours including sunscreen. You may cleanse after this time with a mild cleanser and water. Dry thoroughly. Use the first post peel towelette. The towelettes should be swiped over the entire peeled surface of the skin, including eyelids but avoiding contact with the eyes.
2. **One hour before bedtime**, wash the face with a mild cleanser and water. Dry thoroughly. Use the second post peel towelettes provided.
3. The post peel towelettes are crucial; they must be rubbed into the skin over all peeled areas. Rub your problem areas more vigorously.
4. If significant discomfort is experienced when applying any product post treatment, attempt using the product again later as the sensitivity usually improves with time. Cleanse the face with soap and water to stop the discomfort.
5. **Day 2:** Cleanse the skin, apply the post peel protectant (at least 2-4 times per day) apply a thin layer of proheal serum over red spots and let it soak in. Continue until peeling and any redness and irritation persist.
6. **One hour before bedtime on day 2:** Cleanse the skin. Dry thoroughly. Use the last VI Peel post peel towelette in the same manner as previous applications.
7. **Day 3 and beyond:** you should begin to peel. Continue the post peel protectant until gone (2 weeks). Apply the Post Peel Protectant, ProHeal Serum, and Aquaphor every time you wash your face. Continue until peeling and any redness and irritation persist.
8. An antihistamine may be taken to reduce extreme itchiness. Ibuprofen is used for achiness.
9. After the peel, any areas of pigmentation may appear darker. This change in color will be most evident of the second day, however it can happen immediately. This is normal; the darker skin will exfoliate during the peeling process.
10. During the peeling phase, you must avoid sun exposure. The use of sunscreen is essential every single day. You may go out in the sun when exfoliation subsides, but your skin will be more sensitive to UV rays. You must also refrain from any heat sources that can trigger perspiration which creates the potential for blistering. Blistering creates a very high potential for the development of post inflammatory hyperpigmentation.
11. During the week following the peel, you must use a gentle cleanser – we recommend the VI Derm Cleanser for all skin types, along with the Post Peel Protectant (for use until it runs out) and SPF 50+ Sun Protection. You may use your own cleanser as long as it is not harsh or abrasive.
12. Do not cleanse with a Clarisonic Brush until the peeling process is complete (usually 6-7 days).

13. Refrain from forcing or peeling the skin as it can cause scarring. The skin will slough when washed morning and night.
14. You may take Ibuprofen as an anti-inflammatory.
15. Typically peeling begins on the third day, starting in the peri-oral area, peeling outward. The forehead and neck will be the last areas to peel.
16. A small amount of puffiness (edema) especially around the eye area is not uncommon following an active treatment such as a VI Peel.
17. Days 3, 4, and 5 are the most aggressive days of peeling. By day 6 most exfoliation has subsided.
18. Applying moisturizer, we recommend Sheald by iS Clinical, frequently during the peeling process will help camouflage the peeling and aid in the hydration of the new skin.
19. Refrain from activities for 72-96 hours that can induce excessive perspiration which can lead to blistering or post inflammatory hyperpigmentation.
20. If you are using the Obagi Nuderm system, Hydroquinone or Tretinoin, you can start the system back up in 7 days after the peel treatment is performed.
21. It is appropriate to resume your regular skin care regimen once exfoliation has subsided. To prolong and maintain the results of your treatment, use of a good skin care system which we will recommend is highly encouraged. Without proper use of daily care products, the results of the peel will diminish and hyperpigmentation may worsen. It is very important that dark skinned clients incorporate a retinoid cream along with a pigment suppression product into their post peel regimen.
22. It is common to see less visibly peeling skin on peels performed soon after the most recent one.