



VI Peel Pre & Post Care Instructions

PRE-CARE INSTRUCTIONS

Avoid Active Ingredients: Stop using exfoliating products and ingredients such as retinoids (Retin-A, retinol), AHAs (alpha-hydroxy acids), and BHAs (beta-hydroxy acids) for at least one week before the peel to prevent increased sensitivity.

Moisturize: Keep your skin well-hydrated by using a gentle moisturizer in the days leading up to your peel.

Sun Protection: Begin daily use of a broad-spectrum sunscreen with a high SPF before your peel to protect your skin and help ensure proper results.

Avoid Certain Activities

- *Limit sun exposure:* Avoid prolonged, direct sun exposure and tanning prior to your peel — tanned or sunburned skin is more sensitive and may not be suitable for treatment.
- *Skip other treatments:* Refrain from other treatments that affect the skin barrier or cause sensitivity (such as laser treatments, microneedling, and waxing) for several weeks before your VI Peel.

Disclose Medications and Allergies: Inform your provider about any allergies (especially to phenol or aspirin), current or recent medications (such as Isotretinoin/Accutane), or recent skin treatments.

POST-CARE INSTRUCTIONS

What to expect after your VI Peel Treatment:

- Level of peeling may vary from flaking to heavy peeling
- You will peel as much as your skin needs to peel
- Slight irritation, itchiness or inflammation may occur
- Dark spots may temporarily darken during the peeling process
- If prone to cold sores, the treatment may induce a breakout
- Acne purge may be noticed as impurities are brought to the surface

Important!

- Avoid activities that involve excessive sweating for 3-5 days after the VI Peel (including exercising, saunas, hot tubs, and steam rooms)
- Sun exposure should be avoided for 7 days after the VI Peel
- After application of each towelette, wash hands with soap and water
- Stay hydrated
- Avoid hot water when cleansing your face

Day 1 VI Peel:

***4 hours Post Treatment**

Step 1: Leave the VI Peel solution on for 4 hours. You may then cleanse the skin using a gentle cleanser. Rinse with cool water. Avoid hot water. Gently pat skin dry.

Step 2: Apply 1st VI Peel Post Peel towelette to all areas where the peel was applied. Use gentle pressure. Discard the towelette and wash hands.

Step 3: Wait 10 minutes, then apply a thin layer of Post-Treatment Repair Cream. You may apply makeup as normal if desired.

Night 1 VI Peel:

***1 hour before bed**

Step 1: Cleanse your skin with a gentle cleanser. Rinse with cool water. Avoid hot water. Gently pat skin dry

Step 2: Apply 2nd VI Peel Post Peel towelette to all areas where the VI peel was applied. Use gentle pressure and do not wash off. Discard towelette and wash hands. If skin feels itchy or uncomfortable, wait 10 minutes, then apply a thin layer of Vi Derm Post-Treatment Repair Cream.

Day 2 VI Peel:

***Morning**

Step 1: Cleanse your skin with a gentle cleanser. Rinse with cool water. Avoid hot water. Gently pat skin dry

Step 2: Apply a thin layer of the VI Derm Post-Treatment Repair cream. Reapply as often as needed. You may apply makeup if desired.

Step 3: Apply SPF 50+ Sunscreen. This is very important, even if it's not sunny outside.

Night 2 VI Peel:

***1 hour before bed**

Step 1: Cleanse your skin with a gentle cleanser. Rinse with cool water. Avoid hot water. Gently pat skin dry

Step 2: Apply 3rd VI Peel Post Peel Towelette to all areas where the VI Peel was applied. Use gentle pressure and do not wash off. Discard towelette and wash hands.

Step 3: Wait 10minutes then apply a thin layer of VI Derm Post-Treatment Repair cream.

Day 3-7 VI Peel:

***Morning (Peeling or flaking usually begins by day 3)**

Step 1: Cleanse your skin with a gentle cleanser. Rinse with cool water. Avoid hot water. Gently pat skin dry

Step 2: Apply VI Derm Post-Treatment Repair cream as needed. You may apply makeup if desired.

Step 3: Apply SPF 50+ Sunscreen. This is very important even if it's not sunny outside. Repeat throughout the day.

***Avoid rubbing, pulling, picking, and peeling the skin. This can cause irritation, scarring, and pigmentation.**

Night 3-7 VI Peel:

***1 hour before bed**

Step 1: Cleanse your skin with a gentle cleanser. Rinse with cool water. Avoid hot water. Gently pat skin dry

Step 2: Apply VI Derm Post-Treatment Repair cream as needed.

After day 7:

You may resume your normal skincare routine. For the biggest benefit from your VI Peel Treatment, we recommend continuing with a gentle cleanser and SPF 50+