

Peel --- Pre & Post Procedure Instructions

Beginning 1 week prior to treatment:

- Avoid sun-exposure or tanning beds.
- Discontinue use of topical exfoliating agents (Glycolics/ Alpha or Beta-hydroxy acids) • Discontinue retinoid medications e.g. Retinol, Tretinoin (Retin-A/ Atralin), Adapalene (Differin), Tazarotene (Tazorac), etc. and OTC anti-aging products contain retinol or retinaldehyde. The use of retinoids may result in undesirable effects and prolonged healing.
- Drink plenty of water prior to the day of your Peel so your skin is well hydrated.

Day of treatment:

- Thoroughly wash and dry skin to remove any make-up, sunblock, lotions, etc.
- Inform physician if you have a history of fever blisters as you may benefit from anti-viral medication.

Post-Procedure Instructions and Precautions:

- Immediately following the peel, the skin may appear tan, red, or yellow and tight.
- Do not wash, touch, or apply make-up and/or sunscreen for at least 4-6 hours.
- Cleanse after 4-6 hours. Wash area with a mild cleanser and water with hands only.
- Also, avoid using prescription topical medications for the first 3-5 days following your procedure.
- Beginning day 3-5: Skin may start to peel. IT IS IMPORTANT TO NOT PULL/RUB THE SKIN!
- While your skin is healing, DO NOT: use a hot tub/ sauna/ steam room, use exfoliating products, wax, use a tanning bed, use topical vitamin A/retinol.

For VI PEEL:

DAY OF: Apply one of the post-peel retinoid towelettes to the peeled area 30-45 minutes after cleansing after face is dry. Use Vi Derm Moisturizer included in the kit. If needed, you may also apply a slight layer of hydrocortisone 1% or 2.5% cream to relieve any irritation.

DAY TWO:

- AM: Gently wash face with a mild cleanser. You should apply the Vi sunscreen (need SPF).
- PM: 1-2 hours before bedtime, wash area with a mild cleanser. Skin must be completely dry before applying the second post-peel retinoid towelette.

DAY THREE – FIVE:

- AM: Cleanse with mild cleanser, then apply moisturizer and sunscreen before make-up. 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 sloughing of the skin, first around the mouth, then the rest of the treated areas. At this time, the skin may get itchy. This is a normal sign of healing! Apply hydrocortisone cream over the “itchy” area.
 - After peeling begins, apply Vi Derm moisturizer as often as necessary for comfort or to hide any sloughing of the skin. Refrain from picking the skin!