

VI Peel

Pre & Post-Treatment Instructions



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IMPORTANT INFORMATION

- You cannot have a VI Peel if you are pregnant or breast feeding.
- You cannot have a VI Peel if you have active herpes (cold sore) on the lips.
- You must avoid sun exposure or tanning beds for 2 weeks before and after a VI Peel.
- It is imperative that pre-treatment instructions be carefully followed. If treatment cannot be provided at a scheduled appointment due to non-compliance, a \$50 rescheduling fee will be assessed.

PREPARING FOR TREATMENT

- To maximize the benefits and results from your VI Peel, it is recommended that you begin a complete skin care regimen.
- Discontinue using skincare products containing retinol, glycolic acid, salicylic acid, benzoyl peroxide, or hydroquinone at least 1 week prior to your procedure.
- If you are taking Accutane, you must discontinue its use at least 6 months prior to having a VI Peel.
- If you have a history of "cold sores," please let your provider know. Medication can be prescribed to minimize the possibility of a flare up following your treatment.
- Do not have waxing, electrolysis, microdermabrasion, laser, or any other procedures in the treatment area at least 1 week prior to your VI Peel.

POST TREATMENT INSTRUCTIONS

- After the VI Peel has been applied, nothing is to be applied to the skin for the first 4 hours.
- Use only post care products given to you at the time of service for at least 1 week post peel or until peeling has resolved.
- Follow instructions from your provider on when to resume your regular skin care routine.
- Avoid sun exposure and use mineral sunscreen with zinc oxide every day.
- Do not pick at or pull off flaking skin, as this could result in scarring.
- Some patients may experience erythema (redness), tightness, minor swelling and/or peeling of the superficial layer of the skin following a chemical peel. These effects usually last a few days to 1 week.
- No activities involving excessive sweating can be done for 72-96 hours (exercise, sauna, hot tub, steam room).