



### **PRE-PEEL INSTRUCTIONS**

- Avoid microneedling 4 weeks before VI Peel
- Avoid prolonged, direct sun exposure 1 week before VI Peel
- Avoid waxing, threading, or depilatory creams for 2 weeks before VI Peel
- Avoid electrolysis and laser treatments for 2-4 weeks before VI Peel
- Avoid using a Retinoids 5 days before VI Peel

### **POST-PEEL INSTRUCTIONS FOR FACE**

Immediately following the peel, the skin may appear tan, red, orange-ish or yellow; this is temporary and will fade upon washing 4 hours later.

#### **DAY ONE**

- Do not wash, touch, or apply make-up or sunscreen for at least 4 - 6 hours while peel is on the skin.  
APPLY NOTHING.
- If you have unbearable itching or irritation, you may wash the treated area with the cleanser provided and water. DO NOT rub with anything harsh such as a sponge or a washcloth. Take Benadryl if needed. You may pre-treat with Benadryl if you are concerned about your comfort and to reduce the potential for itching.
- Cleanse with tepid water after 4 - 6 hours. Wash area with the cleanser provided using hands only. Make sure skin is dried well. Apply one of the post-peel retinoid towelettes to the peeled area after cleansing the peel off. Use caution when opening packet as the liquid may spill out and stain fabrics & surfaces. Prior to applying the towelette open it up and fold it in half twice. Allow the product to absorb into the skin before going to bed (at least 1 hour before bedtime).
- If after applying the towelette you feel extremely dry or stinging you may use the Post Peel Protectant Cream included in this kit. If Post Peel Protectant Cream burns you can substitute a thin layer of Aquaphor/Petroleum Jelly. Try to avoid this if possible as it may inhibit the peeling process. Remember you can take Benadryl if needed.
- If you had a Precision Plus Peel you will have a 2<sup>nd</sup> towelette to use 30 minutes prior to bed. Follow the same instructions as the first towelette.

## **DAY TWO**

- AM: Gently wash face with tepid water and the cleanser provided. You should apply the Post Peel Protectant Cream and Sunscreen. Continue to apply a light layer of the post peel protectant 2-4 times per day as needed. Apply SPF after every application during daylight hours.
- PM: One hour before bedtime, wash area with tepid water and the cleanser provided using hands only. Dry well, as skin must be completely dry. Apply the post-peel retinoid towelette to the peeled area. Once again, use caution when opening the towelette and open it up and fold it in half twice.
- If after using the towelette you feel extremely dry or uncomfortable you may use the Post Peel Protectant Cream included in this kit. If Post Peel Protectant burns you can substitute a thin layer of Aquaphor/Petroleum Jelly. Try to avoid this if possible as it may inhibit the peeling process. Take Benadryl if needed.

## **DAY THREE – FIVE**

- AM: Cleanse with approved mild cleanser, then apply Post Peel Protectant Cream, moisturizer that your provider has approved (if needed) and VI Peel Sunscreen. Reapply these products 2-4 times throughout the day. If you will be out and about, even just driving in your car you need to reapply SPF every 2 hours. Avoid direct sunlight as much as possible.
- PM: Cleanse with approved mild cleanser, then apply Post Peel Protectant Cream, moisturizer that your provider has approved (if needed).
- You will start the peeling process by seeing a slight sloughing of the skin, first around the perioral area (mouth) then the rest of the treated areas. At this time the skin can get itchy. This is a sign of healing and is normal!
- After peeling begins, apply Post Peel Protectant Cream as often as necessary for comfort or to hide any sloughing of the skin. This will also aide in elimination of picking the peeling skin. Refrain from picking the skin. As you wash your wash peeling skin may roll off. Do not encourage it to roll off prematurely or pull it. Redness, irritation, scarring and hyper pigmentation can occur occur
- Peeling skin may very carefully be trimmed with a nail/eyebrow trimming scissors. Use extreme caution to avoid scarring and hyperpigmentation.

## **DAY 6**

- Do not participate in activities that would cause excessive perspiration until at least 6 days post procedure (excessive perspiration early in treatment could cause blistering, irritation or hyperpigmentation).

## **DAY SEVEN AND AFTER**

- You may resume your regular skin care regimen. If your skin is still sensitive or becomes red or irritated, wait until sensitivity subsides before using any strong products. This may take up to 2 weeks.
- Continue to treat the skin gently and do not scrub.
- Do not get hair treatments or a haircut for at least a week or until all peeling/flaking has resolved

- Do not put the face directly into a hot shower, go swimming, use a sauna, steam room or hot tub until at least 7 days post procedure.
- Do not use mechanical exfoliation (loofah or facial machine brush) until at least 10-14 days post procedure.

#### **FOR VI PEEL ON CHEST, HANDS, & BACK**

These areas will take longer to peel (usually the week after the first day of when the peel was applied). Follow the same instructions as for the face. When washing treated areas morning and night, old skin will slough off. Wash and pat dry. Do not scrub with anything harsh; use hands only. Then apply Post Peel Protectant Cream.

#### **ADDITIONAL TIPS**

- Use only the kit of Vi Products during the next 7 - 10 days and any products that your provider has approved.
- During the time before and after you start peeling; do not excessively soak treated areas. This will cause premature peeling.
- Avoid sunlight as much as possible during the peeling phase. Sun exposure can cause a sun burn, hyperpigmentation and premature aging
- Do not have any facial treatments, including waxing, for at least 2 weeks after you have finished peeling.
- Daily skin maintenance using a customized skin regimen recommended by your provider will help preserve the results of the Vi Peel.

IF YOU HAVE ANY QUESTIONS, ISSUES OR REACTIONS THAT OCCUR IMMEDIATELY CONTACT DIANA AT (612) 486-2286. IF DIANA CAN NOT BE REACHED PLEASE CONTACT GLO SKIN & BROW'S MEDICAL DIRECTOR CARRIE LUCIO NP AT (651) 373-4587.