

VI PEEL – VITALITY INSTITUTE SKIN CARE SYSTEM – POST-CARE INSTRUCTIONS

Day One (_____)

- Do not wash or touch treated areas for at least 4 hours. If you can tolerate, leave on until evening. However, if you have itching or irritation prior to the 4 hour period, you may wash treated areas with a mild cleanser and water. Do not rub areas with anything harsh.
- **Washing treated area(s) on the first night:**
 - Approximately one (1) hour before bedtime, wash face with a mild cleanser and water, dry well and apply 1 of the post-peel towelettes to the peeled area.
- If needed, you may apply moisturizer to relieve any irritation.

Day Two (_____)

- **Do NOTHING in the morning**
- **Washing treated area(s) on the second night:**
 - Approximately one (1) hour before bedtime, wash face with a mild cleanser and water, dry well and apply 1 of the post-peel towelettes to the peeled area.
- If you feel extremely dry or uncomfortable, you may begin using moisturizer.
- If needed, you may apply a very light layer of hydrocortisone 1% or 2.5% cream to relieve irritation or redness. If the hydrocortisone cream does not relieve your discomfort, please call your physician for additional assistance.

Days Three through Five (_____)

- You will start the peeling process by seeing a slight sloughing of the skin, first around the peri-oral area (mouth), then following the rest of the treated areas. If treated areas include: neck, chest, back and hands, process will take slightly longer to start peeling (up to a week).
- AM: Gently cleanse and apply moisturizer and SPF.
- PM: Gently cleanse and apply moisturizer, if needed.
- After peeling begins, apply moisturizer as often as necessary for **comfort** or to hide any sloughing of the skin. This will also aid in the elimination of picking the feeling skin. You are advised to refrain from picking the skin so redness, irritation and hyper-pigmentation (brown coloration) do not occur.
- When washing treated area, morning and night, old skin will slough off. Wash and pat dry (**DO NOT SCRUB**).

Day Six (_____) and after

- You may resume your usual skin care product regimen, including make-up. If your skin is still sensitive, or becomes red or irritated, wait until sensitivity subsides. Wait until 10th day (_____) to begin Retin-A, Retinols, AHAs, BHAs, bleaching creams or other strong exfoliants.

Additional Tips:

- During the time before and after you start peeling do not excessively soak treated areas. This will cause the skin to prematurely peel, causing redness and irritation.
- Avoid sunlight as much as possible during the peeling phase. For your protection, make sure to use an SPF daily.
- Do NOT have any facial treatments for at least one (1) week after you have **completely** finished peeling (this includes any waxing services over treated areas).
- Do NOT use anything on your face that may sting or burn. If you do, wash off immediately.
- It will take your skin approximately 4 days at the completion of your peeling to go back to its normal PH balance. This is when your skin will start to look its best. At this time, you may resume the regular use of products, unless instructed differently by your doctor.

The skin's sensitivity to the sun is greatly increased after the VI Peel

Sun exposure should be limited and adequate protection with a proper sunscreen should always be used.