



VI peel pre and post instructions

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Patients with active cold sores or warts, wounded, sunburn, excessively sensitive skin, dermatitis or inflammatory rosecea in the area to be treated should be excluded from the VI Peel because the procedure could potentially precipitate a flare up or spreading. Inform the esthetician if you have any history of herpes simplex.

Patients with a history of allergies, rashes, or other skin reactions may be sensitive to treatment. VI Peel should not be performed on patients with an allergy to salicylates (i.e., aspirin).

This peel is not recommended if you have taken Accutane within the past year, or received chemotherapy or radiation therapy.

This procedure should not be administered to pregnant or breastfeeding (lactating) women.

one week before and two weeks after your VI Peel

Avoid the following procedures for one week prior to your peel:

(i) Electrolysis (ii) Waxing (iii) Depilatory Creams (iv) Laser Hair Removal

after your VI Peel

DAY 1

- Immediately after the peel your skin will appear as if you have a “tan” and may be slightly pink and shiny.
- Please wash your skin after 4 hours. You may apply a thin layer of post peel protectant (moisturizer included) as needed. Also apply the SPF if it is still daylight hours.
- 1 hour before bed, wash face with a mild cleanser, dry well, and apply one of the post peel towelettes to the peeled area.
**if extreme itchiness, or uncomfortable irritation occurs, wash with cool water.*

DAY 2

- Cleanse skin with a mild cleanser and gently pat dry.
- Continue to apply a light layer of the post peel protectant 2-4 times per day or as needed. Apply SPF after every application during daylight hours.
- 1 hour before bed, wash face with a mild cleanser, dry well, and apply one of the post peel towelettes to the peeled area.
**if extreme itchiness, or uncomfortable irritation occurs, wash with cool water.*

DAYS 3-5

- You will start the peeling process by seeing a slight sloughing of the skin, first around the mouth area, then in surrounding treated areas. Refrain from picking or pulling at the skin during this process.

DAYS 6-10

- Continue to treat the skin gently, and do not scrub.
- Avoid any facial treatments until the skin is no longer sensitive.
- Resume any topical prescriptions (Retin A, Differin gel, Renova) when skin feels back to normal.

It is very important that you follow the post peel instructions in your VI Peel Take Home Kit for the WEEK following your peel.

Please call SKIN Medical Spa at 415-409-6500 immediately if you have any unexpected problems after the procedure.