

**PRE:** Pre-Treatment Instructions

1. Avoid sun exposure and being tan, both before, during the peeling process, and after the peel.
2. If you get cold sores regularly, have a skin infection, or have any other skin sensitivities in past medical history, let us know.
3. If you have an **allergy to aspirin** or phenol, are **pregnant or breastfeeding**, you CANNOT get this procedure done.
4. Plan to NOT exercise vigorously for the next 3-4 days after treatment. Avoid excessive perspiration, as sweating as it may induce water blisters and excessive internal warming. This can induce post inflammatory hyperpigmentation. (no hot tubs, saunas, steam rooms)
5. Do not do a "waxing" 10 days before and 10 days after peel on the treatment site

**POST: FOR FACE** • Immediately following the peel, the skin may appear tan, red, or yellow; this is temporary and will fade in minutes. Peeling generally begins day 2 or 3. On rare occasions, peeling may not begin until day four. Peeling is shedding or sloughing off of the skin. DO NOT SCRUB, PICK, OR PULL AT SKIN. Scrubbing, picking, or pulling at skin can result in infection, redness, irritation or hyperpigmentation.

**DAY ONE** • If you have excessive itching or irritation prior to this time period, you may wash the treated area with a mild cleanser and water. DO NOT rub with anything harsh such as a sponge or a washcloth. Take Benadryl if needed.

• Cleanse after 4 - 6 hours. Wash area with a mild cleanser (if you don't have one we will suggest one) and water with hands only. Pat dry. Apply one of the post-peel retinoid towelettes to the peeled area 30 - 45 minutes after cleansing peel. Making sure the skin is completely dry before applying the towelette.

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 slightly stinging you may use the Vi Derm Moisturizer included in this kit. If needed, you may also apply a light layer of hydrocortisone 1% or 2.5% cream to relieve any irritation or redness.

**DAY TWO** • **AM:** Gently wash face with a mild cleanser. You should apply the Vi sunscreen and/or make-up. Be aware of your sun exposure and make sure you have protection on. • **PM:** One to two hours before bedtime, wash area with a mild cleanser and water with hands only. Pat dry. Apply the second post-peel retinoid towelette to the peeled area at least one hour before bed. This will allow the product to absorb into the skin before going to bed.

• *If after using the towelette you feel extremely dry or uncomfortable you may use the VI Derm moisturizer included in this kit.*

**DAY THREE \_ FIVE** • **AM:** Cleanse with mild cleanser, then apply moisturizer (if needed) and sunscreen before make-up. (Please use the products given). 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 perioral area (mouth) then the rest of the treated areas. At this time the skin can get very itchy. This is a sign of healing and is normal! Again, apply hydrocortisone cream over the "itchy" areas.*

• *After peeling begins, apply Vi Derm moisturizer 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 so redness, irritation and hyper pigmentation do not occur.*

**DAY SIX 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.

**FOR 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. After the second night of using the retinoid towelettes, continue to use tretinoin at bedtime until the areas start to peel. This usually takes about 5 - 7 days.

Samples of tretinoin will be given. 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 Vi Derm moisturizer.

**ADDITIONAL TIPS** • *Use only the kit of Vi Products the next 7-10 days. Run out? Use a gentle non-retinol/ acid cleanser / moisturizer. • During the time before & after you start peeling; do not excessively soak treated areas. This will cause early peeling. • Avoid sunlight as much as possible when peeling. Always use SPF of 30 or higher. • Do not have any facial txs (even waxing) for 2 weeks after peeling. • Do not use anything on your face that is likely to burn or sting. • Daily skin maintenance using Vi Derm system will help preserve the effect of the Vi Peel*