

## **VI peel After Care;**

Congratulations on your choice of the VI Peel! It's a medical grade peel with premium benefits, and it is our mission to help you achieve the maximum results you desire. It is imperative that all steps are accurately followed, and all of the post care kit is utilized to the fullest.

### **Here's your To Do List:**

#### Download the VI App :

VI Aesthetics has provided an app to assist you in the steps and timing of our aftercare. We are always happy to answer any additional questions you may have.

#### Use Only VI Peel Post Kit :

Following the peel application, you will only use the provided Post Peel Kit for the next 7 days. Your other home care products can be resumed following this time period.

#### Minimize Exposure to Bacteria:

Wash your makeup brushes and change your pillowcases.

#### AVOID Sun Exposure:

During the peeling phase, you will have fresh baby skin being exposed and want to avoid all sun during this time. Apply sunscreen every 2 hours when outdoors or sun is present.

#### Use Hands Only :

No washcloths or facial brushes are to be used during this time. Just use cleans hands until the peeling process is complete.

#### Let the Skin Peel Untouched :

Absolutely no rubbing, rolling, or pulling on the skin. If the natural peeling process is interrupted, scarring or PIH (Post Inflammatory Hyperpigmentation) may be created. These are aspects we may be trying to correct, and it is imperative to not interfere it the process. You may carefully trim the excess skin with a pair of sterile scissors.

#### No Waxing :

No facial waxing during this process. If you want to wax any part of the treated area, it must be done at least 2 weeks prior to your peel appointment or 2 weeks after the peel. Threading is fine as an alternative.

#### No Heat:

It is important to avoid any heat internally through exercising or externally in your environment to avoid the potential of added Hyperpigmentation. NO HOT WATER, warm and cool only. Be careful using hot blow dryers. No exercise for 72 to 96 hours following the treatment.

#### No Shaving:

No shaving the treated area for a minimum of 5 days post peel.

#### Itchiness :

The Post Peel Towelettes act as a catalyst to the peeling process. If you experience any itchiness, utilize the cream provided in the Post Peel Kit to calm the itchiness. You are welcome to use an antihistamine for your choice i.e. Benadryl or Ibuprofen as an anti-inflammatory. If the itching persists, feel free to call us and we can advise you further.