

Vi Peel After Care Instructions:

General Recommendations:

- NO exercising or sweating for 72-96 hrs (including hot showers)
- NO sun exposure for 7 days
- NO hot water on areas peel was applied



DAY ONE: (Nothing for four hours, no sunscreen, no topicals, avoid sun)

If treatment was before 3 pm: Wait four hours after your treatment. Then wash skin with cool water and a few drops of cleanser. Save the rest of the cleanser for later use. Gently pat skin dry and apply the 1st Vi Peel towelette. Wash hands after. (If you have medium/dark skin, apply a thin layer of post peel protectant 10 min after). You may apply makeup as normal if desired. Wait 3 hours and repeat by cleaning skin with cleanser and cool water, patting dry, and using the 2nd Vi Peel towelette. Again, if you have medium/dark skin, apply a thin layer of post peel protectant 10 min after.) Wait at least one hour prior to sleeping. Itchiness and inflammation is common- paper towel wrapped ice packs and/or Benadryl orally can be helpful.

If treatment was after 3 pm: Wait four hours after your treatment. Then wash skin with cool water and a few drops of cleanser. Save the rest of the cleanser for later use. Gently pat skin dry and apply the 1st Vi Peel towelette. Wash hands after. (If you have medium/dark skin, apply a thin layer of post peel protectant 10 min after). You may apply makeup as normal if desired. Wait at least one hour prior to sleeping. Itchiness and inflammation is common- paper towel wrapped ice packs and/or Benadryl orally can be helpful.

DAY TWO:

If treatment was before 3 pm the day before:

Clean your skin with cleanser and cold water. Apply a thin layer of Vi Derm Post Peel Protectant followed by Vi Derm sunscreen. Apply sunscreen 2-4 times a day. Apply makeup as normal.

One hour before bedtime, clean skin with cleanser, pat dry, and apply 3rd Vi Peel towelette and wash hands. (If you have medium/dark skin, apply thin layer of post peel protectant 10 min after)

Itchiness and inflammation is common- paper towel wrapped ice packs and/or Benadryl orally can be helpful.

If treatment was after 3 pm the day before:

Clean skin with cleanser, pat dry and apply the 2nd Vi Peel towelette. (If you have medium/dark skin, apply a thin layer of post peel protectant 10 min after). Wait 3 hours, then use a cleanser, followed by a thin layer of Vi Derm Post Peel Protectant, then Vi Derm sunscreen. Apply sunscreen 2-4 times a day. Apply makeup as normal.

One hour before bedtime, clean skin with cleanser, pat dry, and apply 3rd Vi Peel towelette and wash hands. (If you have medium/dark skin, apply thin layer of post peel protectant 10 min after)

Itchiness and inflammation is common- paper towel wrapped ice packs and/or Benadryl orally can be helpful.

DAY THREE-SEVEN:

Peeling begins on day 3, and can last up to 10 days.

DO NOT PULL ON PEELING SKIN AS IT MAY CAUSE SCARRING AND PIGMENTATION!

Clean your skin with cleanser and cold water morning and night. Apply a thin layer of Vi Derm Post Peel Protectant 2-4 times a day or as often as needed for comfort, followed by Vi Derm sunscreen 2-4 times a day. If still sensitive, coconut oil or petroleum ointment can be used in addition to or in place of the post peel protectant.

If you experience any problematic side effects from your treatment please contact

Dr. Soleiman immediately on 818-322-0122 or email info@cicproviders.com.