

# *Radiance*

## **Vi Peel Patient Post Care Instructions**

The VI Peel goes deep beneath the surface where real change occurs. By targeting the dermis, the VI Peel is able to stimulate collagen production, speed up cell migration, and remodel the skin.

Immediately following the peel, skin may look light yellow, red or tan. The yellow color is due to the Retin-A included in the formulation; it is temporary and will fade shortly.

**\*\*\*It is important to not apply any products or wash the skin for at least 4 hours after the peel.**

### **VI Facial Peels:**

Wash the skin after 4 hours and continue to follow the **post peel instructions booklet** you were given by your clinician at the time of your peel for the next 7-10 days. If you wish to download, the VI Post-Peel After Care App is available to guide you step by step through the peeling process.

**No exercise** that promotes sweating until the peeling process begins (usually 3 days).

Avoid a mask for the first 3 days if possible, or follow these tips for Mask wearing after the VI peel:

- Avoid prolonged use for the first 48-72 hours.
- Try to limit to one-hour increments.
- Choose cotton fabrics that are looser fitting. A scarf or bandanna is preferred over a traditional medical mask.
- Keep face coverings clean and launder often

### **VI Body Peel:**

VI Body Peel is self-neutralizing. Avoid washing or applying any topical products to the treated area for 4 hours. Sunscreen may be applied after the 4-hour post-treatment step and should be used if any treated areas are exposed to sunlight for the next 14 days. Follow the **post peel instructions booklet** you were given by your clinician at the time of your peel or download the VI Peel App for the next 7-10 days.

- Use the Retinoic Serum morning and night until flaking or peeling begins, then immediately discontinue use.
- Use the Post Treatment Repair Cream anytime skin feels dry or itchy.
- Avoid wearing tight clothing following application of VI Body Peel. Loose, cotton-based clothing is best post-peel.

- Avoid hot water when showering or cleansing area. Only cleanse with lukewarm during the post-peel phase (7-10 days).
- When cleansing area, use only your fingertips and avoid washcloths, loofahs, or anything abrasive.
- Avoid any exfoliation on treated area including topical products, scrubs, waxing for 2 weeks after peel application.

Normal side effects include but are not limited to: redness, mild stinging, dryness, mild itching. You can use the Post Treatment Repair Cream anytime the skin feels dry or itchy.

Flaking/Peeling typically begins 5-7 days after the peel is applied. When this begins, remember the following:

- Skin will feel tight or dry right before it peels.
- Do not pick, pull, or roll the skin as this could lead to significant irritation and possible hyperpigmentation and scarring.
- Peeling may look like light flaking, sheet peeling, or may be barely visible to the naked eye. Flaking/peeling may last 3-7 days and varies from person to person. If any products in your Patient Aftercare Kit sting or irritate beyond your tolerance, stop and reach out to your practitioner.

#### **RESUMING PREVIOUS ACTIVITIES/PRODUCTS AFTER BODY PEEL:**

- Shaving can be resumed after the peeling process is complete.
- Waxing can be resumed 2 weeks after peeling process is complete.
- Exfoliating products can be resumed 1 week after peeling process is complete.
- Swimming/Pools can be resumed after peeling process is complete.

**DO NOT PICK, RUB, SCRATCH OR FORCE** off any skin during peeling process.

The amount of peeling is not an indicator of the efficacy of the peel; the acids have already penetrated the skin and are working their magic at the dermal layer.

#### **The Golden Rule for Peeling:**

**The drier the skin, the more visible peeling will occur.**

**The more moisture the skin has, the less visible peeling will occur.**

If you use a daily moisturizer, chances are it will weigh down the peeling skin, which in turn will make it look as if you are peeling less. If you want to see a greater amount of peeling, then simply stop using the moisturizer until the peeling process is complete.

However, darker skin tone patients (Fitzpatrick Types IV-VI) should use the Post Treatment Repair Cream to avert inflammatory hyperpigmentation concerns, but the overuse of it could minimize the visible peeling.

No Retin-A, Retinol, Vitamin A or Tretinoin products for 2 weeks post peel. You may slowly add in your current products after you are completely done with the peeling process. If you experience any sensitivity with adding your products please discontinue use temporarily until you are no longer experiencing any sensitivity and continue to use **only** the post peel products & moisturizer for a few more days. The skin's sensitivity to the sun is increased so sun exposure should be limited and adequate protection with a proper broad spectrum sunscreen should always be used. No hot tubs, saunas or steam rooms during the peeling process. Refrain from taking hot showers and be sure to turn face away from shower stream.

**It is very important that you call us with concerns. Possible adverse reactions need to be reported to us immediately!** A follow-up for reactions will be necessary within 2 weeks of the treatment date. 608-240-0088 (during business hours) or 608-513-8699 (RN, Anne Pientka, after hours)

### **Skincare products that partner well with VI Peel & are available at Radiance:**

- Radiance Advanced Antioxidant Repair Cream~ features 90% polyphenol isolates to supply exceptional antioxidant protection, leading to a healthier and more youthful-looking complexion. A staff & client FAVE!
- Radiance Advanced Brightening Pads with Hydroquinone~ Brighten and soothe the skin while tackling stubborn pigment. A quick and easy addition to any routine!
- SPF~ Sunscreen is always important to protect the skin & prevent damage that can show in the form of crepe skin, fine lines & more. Protect your investment!
- Skinade Targeted Solutions® Derma Defense A+D Boost~ A drinkable skin care product that works from the inside and supports the skin all over your body (not just your face!). Helps increase moisture and hydration, reduces pigmentation, and provides a healthy glow.

### **Other Complementing Services to Consider:**

- **Microneedling**  
<https://radianceskintherapy.com/skin-essentials/microneedling/>
- **ResurFx**  
<https://radianceskintherapy.com/skin-essentials/resurfx/>
- **HydraFacial**  
<https://radianceskintherapy.com/skin-essentials/hydrfacial-madison/>

