

Radiance

VI PEEL POST PROCEDURE GUIDELINES

*If you received a Vi Body peel, please skip to that section.

Immediately following the peel, skin may have a tinted appearance.

Follow the instructions provided in your post treatment kit. The below guidelines are extended details of those instructions. Please review both & contact us with questions.

VI Facial Peels Guidelines:

DO NOT WASH THE SKIN FOR AT LEAST 4 HOURS after the peel & then begin your post peel kit given to you by your clinician.

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

After 4 hours, wash the skin 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).

If possible, avoid wearing a face mask (surgical, N95, etc) for the first 3 days, or follow these tips for mask wearing after the VI peel:

- Try to limit to one-hour increments.
- Try to choose cotton fabrics that are looser fitting.

VI Body Peel Guidelines:

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 for the next 7-10 days. Some key tips:

- 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 use and reach out to your practitioner.

RESUMING 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.

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.

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. During business hours please call/text 608-240-0088. After business hours please call/text Taylor Hill, FNP at 608-575-1750 or Anne Pientka, RN at 608-513-8699.