



La Jolla Cosmetic
Medical Spa
est. 2013

VI Peel Pre and Post Care Instructions

BEFORE TREATMENT

ONE WEEK PRIOR

Patients should avoid these products and/or procedures:

- Electrolysis
- Waxing/Depilatory Creams
- Laser Hair Removal

FIVE DAYS PRIOR

- Patients should avoid these products and/or procedures:
- Retin-A, Renova, Differin, Tazorac
- Any products containing retinol, AHA or BHA, or benzoyl peroxide

POST TREATMENT WHAT TO EXPECT

IMMEDIATELY AFTER THE PEEL AND UP TO 24 HOURS

- Skin may be tight, more red than usual and may appear slightly darker.
- The solution should remain on the treated areas for at least 4 hours. During the first 4 hours, do not wash, touch, rub, or apply make-up to the treated area.
- Avoid strenuous exercise
- on the day of the procedure.

FOUR HOURS POST TREATMENT

Using fingertips, cleanse the skin with the VI Derm Gentle Purifying Cleanser (included in take home kit). Rinse with cool water and pat dry. (AVOID HOT WATER ON SKIN FOR 7 DAYS). Apply the 1st towelette. The towelette is to be applied over the entire treated surface of the skin. Avoid passing towelette over eyelids/lips. Problem areas may be applied with firm pressure for best results. DO NOT cleanse area after the towelette application. Wash hands thoroughly after application of towelette. Makeup can be worn, use the VI Derm Post-Treatment Repair Cream as moisturizer before applying makeup. NO OTHER personal hydrating products should be applied.

IMPORTANT: Fitzpatrick Skin Types 4,5 and 6 MUST apply the VI Derm Post-Treatment Repair Cream 10 minutes after towelette has been FULLY absorbed to reduce the body's natural inflammatory response.



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NIGHT 1 – One hour before bedtime

Gently cleanse area with VI Derm Gentle Purifying cleanser. Rinse with cool water, pat dry and apply 2nd towelette provided in take home kit. Remember to wash hands after application. *If the VI Peel application was applied later in the afternoon/early evening, you may use the 2nd towelette the following morning.

IMPORTANT – Fitzpatrick Skin Types 4,5 and 6 MUST apply the VI Derm Post-Treatment Repair Cream 10 minutes after the towelette has been fully absorbed.

DAY 2 (AM)

Gently cleanse area with VI Derm Gentle Purifying cleanser. Rinse with cool water, pat dry and apply the VI Derm Post-Treatment Repair Cream. Wait until it fully absorbs, then apply the VI Derm SPF 50. Apply both 2-4 times throughout the day or as often as needed. Makeup can be worn.

DAY 2 (PM)

Gently cleanse area with VI Derm Gentle Purifying cleanser. Rinse with cool water, pat dry and apply 3rd towelette. Remember to wash hands after application. **IMPORTANT – Fitzpatrick Skin Types 4,5 and 6 MUST apply the VI Derm Post-Treatment Repair Cream 10 minutes after the towelette has been fully absorbed.**

DAY 3-7

Gently cleanse area AM/PM with VI Derm Gentle Purifying cleanser. During the day use the VI Derm Post-Treatment Repair Cream and the VI Derm SPF 50 as needed. At night use the VI Derm Post-Treatment Repair Cream. Peeling usually begins by Day 3. Once skin starts peeling **DO NOT** peel or pick the area. This is **VERY**

IMPORTANT as this may cause irritation, scarring or pigmentation.

After your skin is done peeling (Day 7) you may restart your normal Daily Skincare Regimen. For corrective treatment a series of 3-4 Peel treatments should be done 4-6 weeks apart for optimal results, followed by a proper skin care routine. Continue to protect the skin with an SPF 30 or above