

VI CHEMICAL PEEL-ACNE:
Pre-Treatment & Post-Treatment Instructions

A. Pre-Treatment Instructions:

1. Avoid sun exposure and being tan, both before, during the peeling process, and after the peel .
2. If you get cold sores regularly, have a skin infection, or have any other skin sensitivities in past medical history, let Dr. Duke or her assistant know.
3. If you have an **allergy to aspirin or phenol, are pregnant or breastfeeding**, you CANNOT get this procedure done.
4. Plan NOT to exercise vigorously for the next 3-4 after treatment. Avoid excessive perspiration, as sweating may induce water blisters and excessive internal warming can induce post inflammatory hyperpigmentation .(NO HOT TUBS, STEAM ROOMS, SAUNAS)
5. Do not do a "waxing" 10 days before and 10 days after peel on the treatment site

B. Post-Treatment Instructions for the VI Peels:

4 Hours Post VI Peel: DO NOT APPLY ANYTHING TO THE SKIN FOR 4 HOURS AFTER THE PEEL, THIS INCLUDES SUNSCREEN.

1. Cleanse all areas where VI Peel was applied with **VI Derm Cleanser** with cool water. Do not use hot water Pat dry.
2. Apply **Post Peel Towelette 4 hours post treatment** to entire area where peel was applied rubbing vigorously. Do not wash off.
- 3 After 10 minutes, **Post Peel Protectant** to all areas where VI Peel was applied. This cream moisturizes, calms inflammation, and protects the skin during the post treatment healing process. The post peel cream may sting upon application, but stinging quickly subsides, If stinging persist or burning, call the office for further instructions. You can use the Post Peel Protectant multiple times throughout the day to help with the dryness and if the skin feels itchy .

IMPORTANT: For darker skin tone patients, applying the post peel protectant is an important step. Do not skip this step, This will suppress any potential inflammation and prevent post inflammatory pigmentation. All patients are to use the post peel protectant not just darker skin tone patients

1 hour before bedtime: :

1. Cleanse all areas where VI Peel was applied with **VI Derm Cleanser** with cool water. Do not use hot water . Pat dry.
2. Apply **Post Peel Towelette night 1** to entire area where peel was applied rubbing vigorously. Do not wash off.
3. After 10 minutes, apply a thin layer of **Post Peel Protectant** to all areas where VI Peel was applied. This cream moisturizes, calms inflammation and protects skin during the post treatment healing process. The post peel protectant may sting upon application, but stinging quickly subsides. If stinging persists or burning, call the office for further instructions.

Day 2- AM Routine:

1. Cleanse all areas where VI Peel was applied with **VI Derm Cleanser** with cool water. Do not use hot water. Pat dry.
 2. Apply **VI Derm Post Peel Protectant** to all areas where VI Peel was applied. You may use as often as needed to ease discomfort or tightness.
- IMPORTANT:** For darker skin tone patients, applying the post peel protectant is an important step. Do not skip this step, this will suppress any potential inflammation and prevent post inflammatory pigmentation. All patients are to use the post peel protectant not just darker skin tone patients
- 3 Apply **VI Derm SPF 50+** sunscreen to all areas where VI Peel was applied before going outdoors. Apply liberally once the skin begins to peel.
 4. Reapply Both **VI Derm Post Peel Protectant** and **VI Derm SPF 50+** 2-4 times over the course of the day.

Day 2- One hour before bedtime:

1. Cleanse all areas where VI Peel was applied with **VI Derm Cleanser** with cool water. Do not use hot water Pat dry.
 2. Apply **Post Peel Towelette 1 Night 2** to entire area where peel was applied rubbing vigorously. Do not wash off.
 3. After 10 minutes, apply a thin layer of **Post Peel Protectant** to all areas where VI Peel was applied.
- IMPORTANT:** For darker skin tone patients, applying the post peel protectant is an important step. Do not skip this step, This will suppress any potential inflammation and prevent post inflammatory pigmentation. All patients are to use the post peel protectant not just darker skin tone patients

Days 3-7:

- 1 Every morning and at night cleanse all areas where VI Peel was applied with **VI Derm Cleanser**. Pat dry.
2. Apply **VI Derm Post Peel Protectant VI Derm SPF 50+** to all areas where VI Peel was applied.
4. Reapply Both **VI Derm Post Peel Protectant** and **VI Derm SPF 50+** 2-4 times over the course of the day. Apply the post peel protectant often as necessary for comfort or to hide sloughing of the skin .
5. **DO NOT FORCE OR PEEL THE SKIN OR IT CAN CAUSE SCARRING**

NOTE: Peeling may begin on the second or third day. The peeling is described as sloughing of the skin. When cleansing in the AM/PM, old skin will slough off; wash off pat dry. Do not scrub or pull skin.

***It is appropriate to resume your regular skincare routine once exfoliation has subsided. To prolong and maintain the results of your treatment, having a skincare routine is highly recommended. Without the proper use of daily care products, the results of the peel will diminish and hyperpigmentation/sun damage may worsen These products include sunscreen, retinol, vitamin c and growth factors . We can advise each patient with a skincare routine .

If you have any questions or concerns about your skin, the chemical peel process, your individual treatment plan or your skin's response, then you should call our office at (860) 245-0000.

