

VI CHEMICAL PEEL-PIGMENT: **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 days after treatment. Avoid excessive perspiration, as sweating may induce water blisters and excessive internal warming can induce post inflammatory hyperpigmentation . (no hot tubs,saunas,steam rooms)
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:

IMPORTANT :The post peel towelettes are very crucial part of the peeling process for maximum results. Please follow the directions and if you have any questions or concerns, then you should call the office .

4 Hours Post VI Peel: DO NOT PUT ANYTHING ON YOUR SKIN FOR 4 HOURS AFTER PEEL, INCLUDING VI 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, apply **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 or burning persists , call the office for further instructions.

IMPORTANT : **darker skin tone patients** this is an important step. This will suppress any potential inflammation and prevent post inflammatory hyperpigmentation.

Day 1- 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 Night 1 A** (Lime Green) to entire area where peel was applied rubbing vigorously. Do not wash off.
3. After 10 minutes, apply **Post Peel Towelette Night 1 B** (Dark Green) to entire area where peel was applied rubbing vigorously. Do not wash off.
4. Apply **Post Peel Protectant** approximately 10 minutes after the towelette has absorbed to all areas where VI Peel was applied

IMPORTANT : for darker skin tone patients this is an important step. This will suppress any potential inflammation and prevent post inflammatory hyperpigmentation.

Day 2- AM Routine:

1. Cleanse all areas where VI Peel was applied with **VI Derm Cleanser** with cool water water. Do not use hot water Pat dry.
2. Apply **VI Derm 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. It can be applied 2-4 times over the course of the day.
3. Apply **VI Derm SPF 50+** to all areas where VI Peel was applied. Use the sunscreen liberally once the skin begins to peel.

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 Night 2 A** (Lime Green) to entire area where peel was applied rubbing vigorously. Do not wash off.
3. After 10 minutes, apply **Post Peel Towelette Night 2 B** (Dark Green) to entire area where peel was applied rubbing vigorously. Do not wash off.
4. Apply **Post Peel Protectant** approximately 10 minutes after the towelette has absorbed to all areas where VI Peel was applied

IMPORTANT: for darker skin tone patients this is an important step. DO NOT SKIP STEP ! This will suppress any potential inflammation and prevent post inflammatory hyperpigmentation. This can be applied 3-4 during the day .

Days 3-7: Peeling may start on the second or third day.

1. Every morning and evening , cleanse all areas where VI Peel was applied with **VI Derm Cleanser** . Pat dry.
2. Apply **VI Derm Post Peel Protectant** and **VI Derm SPF 50+** to all areas where VI Peel was applied. You may use as often as desired. Applying 2-4 times a day over the course of the day. This cream moisturizes, calms inflammation, and protects skin during the post treatment healing process. Use the sunscreen liberally once the skin begins to peel.
3. When cleansing in the morning and at night, old skin will slough off, wash and pat dry.

DO NOT SCRUB OR PULL SKIN. DO NOT FORCE OR PEEL THE SKIN OR IT CAN CAUSE SCARRING.

Refrain from picking at any loose skin so that redness, irritation and post inflammatory hyperpigmentation do not occur.

7 days and beyond: After the peeling process is completed

It is appropriate to resume your regular skincare routine once exfoliation has subsided. It is very important for darker skin tone patients to incorporate a Hydroquinone product into your skincare routine . Rebritalizing HQ pads available for purchase at our office. 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.