



## Important VI Body Peel Post Procedure Tips

The level of peeling will vary from flaking to heavy peeling. Your skin will peel as much as it needs to. Your skin may experience slight irritation, itchiness, and inflammation. Dark spots may temporarily darken during the peeling process. Acne purging may be noticeable as impurities are brought closer to the surface of the skin.

- Wear loose clothing to reduce irritation and friction on the peeled parts of the body.
- Use a gentle, unscented cleanser on areas of the body where peel was applied.
- Morning and evening, after cleansing, apply Retinoic Acid Serum (tretinoin .1%) in a thin layer on areas where peel was applied, and **discontinue when visible exfoliation begins**. Follow with Post Treatment Repair Cream to hydrate and calm.
- Do not exfoliate or pick or pull at peeling skin. This can lead to post inflammatory hyperpigmentation and scarring.
- Refrain from any activity that could cause excessive sweating for 72-96 hours. Sweating can cause water blisters which can result in post inflammatory hyperpigmentation.
- Do not use a sauna, steam room, hot tub or go in a swimming pool 72-96 hours after your peel.
- Keep baths to 10 minutes; showering is preferable.
- Avoid exfoliating or waxing until the peeling process is complete.
- Apply SPF every two hours on exposed skin when you are outside.

VI Peel provides a useful app that walks you through the post peel routine and has a great FAQ section. Download the VI App here:

<https://apps.apple.com/us/developer/vitality-institute-medical-products-inc/id1560029944>