

VI Peel Face and Neck

Important Post Procedure Tips

- Consider taking an antihistamine the night of your peel to reduce the chance of itching.
- Use **only** the kit of VI Post Procedure Products for the next 7 days. After 7 days, introduce your regular products, but withhold all Retinoids and AHA's for an additional 7 days.
- Aquaphor can be used after the first 48 hours to soothe skin or hold down peeling skin.
- Dark spots may temporarily darken as part of the peeling process.
- Peeling can vary from flaking to heavy peeling. Your skin will peel as much as it needs to peel, and the active ingredients will create a beneficial change in your skin.
- Use all Post-Peel Towelettes within the first 48 hours spaced a minimum of 4 hours apart.
- Use tepid water to cleanse your face.
- Do not use a sauna, steam room, hot tub or go in a swimming pool 72-96 hours after your peel.
- Refrain from any activity that could cause excessive sweating for 72-96. Sweating can cause water blisters which can result in post inflammatory hyper-pigmentation.
- Avoid sunlight as much as possible during the peeling phase. Always use SPF; either the SPF 50 provided in your kit or Elta MD SPF and re-apply every 2 hours if outside.
- Do not pick or pull at peeling skin, as this can cause permanent scarring. The skin will exfoliate when you wash gently with circular motions. Clean cuticle scissors can be used to cut hanging skin if needed.
- Do not schedule a facial, waxing, microneedling, laser, or any other facial services for 3 weeks following your peel.

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>