

Chemical peels

Pre and Post Treatment Instructions

Products: VI Peels®

Pre Treatment Instructions

7-10 days before your appointment

- Inform the doctor if you have taken Accutane (oral acne medication) in the past year.
- Avoid use of all topical retinoids, or Vitamin A derivative products
- Avoid use of all Glycolic or chemical exfoliants.
- Avoid use of all mechanical exfoliants, such as scrubs.
- Avoid facial waxing.
- Avoid sun exposure without a sunscreen of SPF 30 or greater. Avoid tanning beds.

Post Treatment Instructions

- Follow instructions provided (you can also download the VI Peel app to follow step by step instructions)
- Do NOT peel any flaking skin. This can lead to pigmentation issues and/or scarring.
- Expect your skin to appear pink for a few hours after treatment.

- Your skin may be temperature sensitive for a few days after treatment.
- Avoid direct sunlight on the treated area and use a broad spectrum UVA/UVB sunscreen of SPF 30 or greater after your treatment.
- Keep your skin well hydrated with a protective moisturizer
- Avoid using abrasive products such as scrubs or exfoliating sponges for 7 -10 days.
- Avoid products such as retinols and glycolic acid 10 days.
- Vitamin C Serums may be resumed after 48 hours.

What to expect

- Slight peeling for usually lasting 2-3 days.
- Mild Itching, irritation, redness, increased sensitivity.
- Small whiteheads.

Please contact our office if you have any questions or concerns.

Maximizing benefits of your treatment

A quality, daily home skin care regime will ensure that you maximize and maintain the benefits of your treatment.