



VI Peel Pre & Post Peel Instructions

Pre-Peel Instructions:

Preparing your skin properly will ensure the best outcome and minimize irritation.

- Avoid sun exposure and tanning (including self-tanner) for 2 weeks before your peel.
- Stop using Retin-A, retinol, glycolic acid, salicylic acid, benzoyl peroxide, or any exfoliating products for 5–7 days prior to treatment.
- Do not wax, thread, or use depilatories on the treatment area for 1 week before your peel.
- If you have a history of cold sores, please notify your practitioner before treatment. A prescription such as Valtrex may be recommended to prevent an outbreak.
- Hydrate well in the days leading up to your appointment.
- If you have recently had laser treatments, microneedling, or injectables, please inform your provider.
- Arrive with clean skin — no makeup, lotion, or sunscreen.

Post-Peel Instructions:

Your skin will begin to peel and renew itself following your treatment. Proper care during this time is essential for best results.

Immediately After Your Peel:

- Your skin may look slightly tan, red, or “frosted.” This is normal and will fade within a few hours.
- The VI Peel solution should remain on your skin for at least 4 hours after treatment before cleansing.

First 3 Days:

- Use only the Post-Peel Towelettes and VI Peel Moisturizer provided in your kit.
- Do not pick, rub, or pull flaking skin — allow it to shed naturally.
- Expect peeling to begin around day 3 and continue for up to 7 days.

- Keep your skin moisturized using the products provided, reapplying as needed.
- Avoid sun exposure and do not exercise, swim, or use saunas or hot tubs during the peeling process.

After Peeling is Complete:

- Resume your normal skincare routine after all peeling has subsided and your skin feels smooth.
- Continue to use broad-spectrum SPF 30+ daily to protect your new skin.
- Avoid chemical exfoliants or active ingredients for at least 2 weeks after treatment unless advised otherwise.

Important Reminders

- Peeling may vary from person to person, some experience light flaking while others peel more visibly.
- Do not schedule your VI Peel within 2 weeks of any major event or facial treatment.
- Best results are achieved with a series of treatments as recommended by your practitioner.

Please call our office if you have any questions or concerns 404-832-0300