



What to Expect After Your VI Peel

Thank you for choosing our practice for your chemical peel! As your peel takes effect and you begin to see your fabulous results, please keep the following points in mind:

Day of VI Peel:

- Immediately after your peel, your skin will look bronzed, tanned, or sun-kissed.
- Wash your face as instructed 4 hours after your peel.
- Apply a thin layer of the post-peel protectant to moisturize the skin.
- If you plan on going out into the sun afterward, make sure to apply the provided sunscreen to protect your skin.
- Okay to apply makeup after cleansing.
- Wash your face as instructed again 1 hour before bedtime with the cleanser and towelette.

Day Two:

- Wash your face as instructed with the included cleanser as you begin your day.
- Make sure to apply sunscreen after cleansing.
- Feel free to wear makeup as normal.
- Okay to apply post-peel protectant 2-4 times throughout the day to moisturize. Apply sunscreen after each application.
- Wash your face 1 hour before bed with the cleanser and towelette.

Day Three to Five:

- The peeling begins!
- Do NOT pick at the skin as it peels! This will cause increased pigmentation on the new, fresh skin underneath.
- Okay to wear makeup throughout this process.
- Continue your personal skin care regimen but be gentle—do not scrub, do not use any abrasive surfaces or exfoliants or brushes.
- Ensure you apply sunscreen and protect your skin from the sun during this time.
- Okay to begin exercising again (72-96 hours post peel).

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Day Six to Ten:

- Continue your personal skin care regimen but be gentle—do not scrub, do not use any abrasive surfaces or exfoliants or brushes.
- Apply sunscreen when going outside as your new, fresh skin is vulnerable.
- Resume any topical prescriptions or products with Retin A when skin feels “normal” again.

For optimal results, it is important to follow the directions listed in your VI Peel Take Home Kit for the week following your peel. The next round of peel can be completed in four to six weeks.

Feel free to reach out if you have any questions, concerns, or to schedule your next peel!

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