



NEWPORT AESTHETICS

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## POST-CARE INSTRUCTIONS FOR VI Peel™

Patients with active cold sores or warts, wounded, sunburn, excessively sensitive skin, dermatitis or inflammatory rosacea in the area to be treated should be excluded from the VI Peel™ because the procedure could potentially precipitate a flare up. Inform us if you have any history of herpes simplex.

Patients with a history of allergies, rashes, or other skin reactions may be sensitive to treatment. VI Peel™ should not be performed on patients with an allergy to salicylates (i.e., aspirin). This peel is not recommended if you have taken Accutane within the past year, or received chemotherapy or radiation therapy. This procedure should not be administered to pregnant or nursing women.

It is very important that you follow the post peel instructions in your VI Peel™ Take Home Kit for the WEEK following your peel. For patients who exercise routinely, low aerobic, low sweat activities are recommended during the peeling process.

### Day 1

Leave the peel on as long as possible, at least 4 hours or longer, unless irritation occurs. Irritation occurs in rare cases for some sensitive individuals. Do not apply makeup or any other products during this time and avoid touching the face.

#### One hour before bedtime

Wash the face with the recommended mild cleanser and water (VI Derm Cleanser, Purpose, or an approved cleanser). Dry thoroughly. Use 1 of the towelettes provided to you. The moist towelette should be swiped over the entire peeled area avoiding contact with the eyes. We may advise you to rub problem areas more vigorously for best results. The skin should NOT be washed after the towelette application. If discomfort or reaction occurs (which is rare), wash your treated area with mild cleanser and water. If discomfort is experienced, apply ice and take ibuprofen.

### Day 2

Wash the treated area only with the recommended cleanser, use the recommended moisturizer (VI Derm Post Peel Protectant or 1% Hydrocortisone Cream, no ointments) 2-4 times per day, or as often as needed to ease discomfort or tightness. Use of sunscreen is highly recommended daily, especially during the peeling process (VI Derm SPF 55 or an SPF cleared by us).

### One hour before bedtime

The second towelette should be used, following the same instructions as the night before. Even if the first towelette was not well-tolerated, attempt to apply the second towelette - unless a skin rash or reaction occurred or exists.

### **Day 3**

You may use the recommended moisturizer as often as desired, but at least twice a day. It is also very important to use the recommended SPF liberally once the skin begins to peel. You will begin to peel on the third day, first around the perioral area (mouth), and continuing outward. The peeling is accurately described as a sloughing off of the skin. Do NOT scrub, rub, pick, or pull at the skin. Old skin will slough off during the morning and evening cleansings. You may very gently trim any loose or hanging skin. Use the recommended moisturizer as often as desired to comfort or hide any sloughing of the skin. Refrain from picking, rubbing, scrubbing or pulling at the skin to avoid redness, irritation and hyperpigmentation.

### **Days 4-6**

In most cases, the actual peeling process should be completed within this time frame. One day variation to the total process is normal. Continue to use of your recommended cleansers, SPF, and moisturizers.

### **Day 7 and beyond**

Usually at this point, you should be able to resume your regular daily activities and skin care regime (consult with if your peeling has not completed).

For optimal results, follow this regime recommended to you. Without proper home care, the results of the VI Peel™ will diminish and hyperpigmentation may worsen.

### **Other tips**

Makeup is not recommended during the week post peel, as sensitivity and irritation are more likely to occur. The skin's sensitivity to the sun is greatly increased following the VI Peel. Sun exposure should be limited and the recommended SPF should be used at all times.

### **Other Instructions:**

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Please contact us at (949) 660-9972 or [info@newportaesthetics.com](mailto:info@newportaesthetics.com) if you have any questions or concerns.