

VI Peel: Pre & Post Care Guide

About the Treatment

VI Peel is a noninvasive and pain free chemical peel that stimulates anti-aging collagen and increases cellular turnover. In just one treatment, it helps address trouble areas to reveal smoother, more radiant skin. VI peels should be scheduled every 4-6 weeks for best results.

Before Your Treatment

- If your face or treatment area has irritated skin (sunburn, open wounds, warts, sores, excessively sensitive skin) the day preceding your appointment, please contact our office before your appointment.
- Discontinue active skincare like retinoids, glycolic or salicylic acids, and other exfoliants 3–5 days before treatment to keep your skin calm and ready.
- Avoid skincare products (lotions, oils, makeup) on the day of treatment.
- Discuss allergies and medications: let your provider know if you're on antibiotics, Accutane, or other photosensitizing drugs. If you have a history of HSV-1 or HSV-2 in the area being treated, taking an antiviral 24–48 hours before and after your session can help prevent an outbreak.
- For best results, please avoid electrolysis, depilatory creams, waxing, and laser hair removal for at least one week prior to your peel treatment.

What to Expect During Treatment

- You will likely experience burning, stinging, redness, heat, or tightness as the peel is administered, and over the next couple of days.

After Your Treatment

- The peel is self-neutralizing – do not wash, touch, or apply makeup to treated areas for 4 hours after your treatment.
- The first 1-2 days your skin will look a little tan, bronzed, or pink. It may also feel a bit tight before the peeling begins.
- As a rule, treat it like a sunburn: avoid sun exposure, avoid sweating, and avoid heat.
- Use the After Care Kit consistently during the 7-day peeling period.
- While skin is exfoliating avoid pulling, picking, rubbing and any premature removal of skin.
- Non active skin care product can be resumed once peeling has subsided (usually day 6-7) and active skin care can be resumed once peeling has subsided and sensitivity has returned to normal (usually day 7-10)
- It is recommended to wait for a minimum of 2 weeks before any treatment that creates exfoliation of the skin. This includes facials, extractions, waxing, and threading.