

DermaCure of Valencia

Post Vi Peel Instructions

Immediately following the peel, skin may look light yellow, red or tan. The yellow color is due the Retinoic Acid included in the formulation. It is temporary and will fade within an hour to two.

The skin's sensitivity to the sun is greatly increased after the V.I. Peel. Protect your skin by using a SPF of 30 or greater.

****** IT IS NORMAL TO HAVE SOME DISCOMFORT FOR DAYS 1-7. STINGING AND SOME SLIGHT PAIN MAY HAPPEN WHEN MOISTURIZERS AND CLEANSERS ARE APPLIED TO FACE. THIS IS NORMAL. AS PEELING BEGIN, DO NOT PICK!!!! THIS WILL IRRITATE THE SKIN AND RISK HYPERPIGMENTATION. WE ALSO RECOMMEND NOT WORKING OUT FOR ABOUT 2 WEEKS. SWEAT AND INNER BODY HEAT CAN CAUSE IRRITATION AND POSSIBLE BLISTERING.**

Day One

- Do not wash, touch, or apply make up to the treated area for 4-6 hours.
- If you have itching or irritation that cannot be tolerated, you may wash the area with a mild cleanser and water. Do not rub treated areas with anything harsh. It is best if the peel can be left on for at least 4-6 hours.
- Make-up can be applied over treated areas in 4-6 hours if needed
- Before bedtime, wash face with a mild cleanser and water. Dry well, and apply 1 of the post-peel towelettes to the treated area. Wash hands after applying.
- If the skin becomes irritated or itchy you can apply a gentle moisturizer or a hydrocortisone cream to the area to help calm itching. It can be purchased at any local pharmacy.
- If you are experiencing no relief from the discomfort contact the office with any concerns or questions at 661-257-8400

Day Two

- In the morning, wash face with a gentle cleanser. Apply a light moisturizer and sun sunscreen. Make-up may also be applied.
- Before bedtime, wash face with a mild cleanser and water. Dry well, and apply 1 of the post-peel towelettes to the treated area. Wash hands after applying.
- **PLEASE NOTE** During the day it is normal to feel a tightening to your skin. If there is irritation or tightening, a gentle moisturizer can be applied as often as needed through the day.

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Day Three-Five

- During these days you will start the peeling process by seeing a sloughing of the skin. Generally it will first be around the mouth and nose. Everyone peels at a different time. **PEELING WILL VARY FROM PATIENT TO PATIENT... SOME EXPERIENCE A SLIGHT SLOUGHING AND SOME AN INTENSE PEELING PROCESS THAT WILL PEEL TWICE SOMETIMES. Don't be alarmed if you peel on day 2 or not until day 5. PLEASE NOTE EVERY PEEL WILL PRODUCE A DIFFERENT PEEL TIMELINE.**
- After peeling begins, apply gentle moisturizer as often as necessary for comfort or to help hide the sloughing of the skin. This will also aid in the picking of peeling skin.
- **DO NOT PICK YOUR SKIN. PICKING SKIN CAN CAUSE HYPERPIGMENTATION. LET THE SKIN FALL OFF AS IT IS READY TO.**
- When washing the treated areas morning and night, old skin will slough off. Wash and pat dry gently. **DO NOT SCRUB.** Apply a gentle moisturizer after and a sunscreen if you will be in the sun. **NORMAL TO HAVE A STINGING SENSATION WHEN WASHING FACE AND APPLYING MOISTURIZERS AND SUNSCREENS.**

Day Six and After

- At this time, as your skin begins to peel less, you may resume your normal skin care. However, please note your skin may still be sensitive. If your products cause too much irritation, discontinue use and continue with the gentle products. Try again each day following until you feel comfortable with your normal products.

Additional Tips

- During the time before and after you start peeling do not excessively soak the treated areas. This will cause the skin to prematurely peel, causing redness and irritation.
- Avoid sunlight as much as possible during the peel phase. For your protection, make sure to use a SPF 30+ at all times. Re-apply as needed during the day.
- Do not have any facial treatments for at least 1 week after you have completely finished peeling. **WE HIGHLY RECOMMEND WAITING TO GET WAXED FOR AT LEAST 2 WEEKS.**
- It will take your skin approximately 4 days after the completion of peeling to go back to its normal PH balance; this is when your skin will look its best. Be patient and know every result is unique and healing varies from patient to patient.
- Daily skin care will help preserve and enhance the results of your peel. If you have any questions about skin care options please call us or stop by