

lachele

AESTHETICS & WELLNESS

VI Peel Post Treatment Instructions

- **The peel will sit on the skin after applied for at least 4 hours.** Leave the peel solution on your skin. Do not wash, touch, or apply makeup during this time. **After 4 hours**, wash with the cleanser in your post care package provided and cool water. The peel has a distinct medicinal odor while it sits on the skin — this is normal and will fade once you wash it off after 4 hours.
- Use the provided VI Peel towelettes as stated in the instructions and the post-peel protectant (moisturizer) given.
- **Peeling typically begins on days 2-3 and lasts for 2-5 days.**
- Skin may look yellow, red, or tan immediately after, which is temporary.
- You must wear a sunscreen containing SPF 30 or higher. We recommend **E Itz MD sunscreens** sold in office. **Avoid direct sunlight** for 2 weeks.
- Skin will appear red and feel tight for approximately 2 hours, and could last up to 72 hours after the peel is applied.
- **Use only the provided post-care kit for the first 7 days.**
- **Avoid** scrubbing, exfoliation, using a washcloth, loofah, ultrasonic cleansing brush, etc. when cleansing during the peel process. Avoid sweating for 3-4 days post treatment.
- If peeling/ flaking occurs, **do not pick or peel** the skin.
- Mild to moderate breakouts may appear, but will go away quickly. Do not pick at them.
- Avoid the following cosmetic products until the peeling has subsided: **Retin A, Tretinoin, Benzoyl Peroxide, Glycolic Acid, Salicylic Acid, and Ascorbic Acid (vitamin C).**
- Wait until flaking or peeling completely subsides before having *any* other facial procedures done. This includes facials, laser treatments, waxing & injectables.
- Avoid saunas, hot tubs, hot water on the face, and steam rooms until you are done peeling and skin is fully healed, 7 days or longer.
- Tightness, stinging, or burning sensations are normal in the first few days.
- Every peel can appear a different shade of color due to the type of VI Peel we are using, as there are 6 different types. The type of VI peel is chosen by your esthetician for optimal results.

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com