



202 Rock Creek Parkway
Fairhope, AL 36532

Patient Instructions for the Vi Peel

Day One:

- The Peel is self neutralizing. Do not put anything on your skin for 4 hours (including sunscreen). You can wash your face after 4 hours, but if possible keep the peel solution on until bedtime.
- After 4 hours combine the moisturizer (in the post peel kit) with a 1% hydrocortisone cream and apply over the peeled areas. Do this for the entire peeling phase 3 times per day. The moisturizer alone can be applied as needed.
- You can apply make-up over the peel solution after 4 hours.
- Wash your face an hour before bedtime with a gentle cleanser and make sure you pat completely dry. Take one of the two post peel towelettes and rub all of the solution aggressively over the peeled areas. This does not mean rub off the skin but make sure all of the solution on the towelette is rubbed into the skin, not just lightly patted. Make sure to rub under the eye area and brow bone if those areas were peeled. The towelettes act as the catalyst for the peeling process.
- Wait about 10-15 minutes after using the towelettes and then apply the combination of the moisturizer and 1% hydrocortisone to the peeled areas.
- If at anytime prior to the 4 hours you feel that the pain is intolerable, wash your face immediately and apply the moisturizer and hydrocortisone and follow the rest of the peeling instructions. Still use the post peel towelettes. This rarely occurs.

Day Two:

- In the morning wash your face with a gentle cleanser. Apply the moisturizer and hydrocortisone combination. Apply the sunscreen provided in the post peel kit and your make-up as usual.
- At some point during the day apply the mixture of moisturizer and hydrocortisone.
- An hour before you go to bed you will repeat the procedure from the night before and wash with a gentle cleanser and use your second post peel towelette.
- You will then apply the moisturizer and hydrocortisone 10-15 minutes after using the towelette, allowing for the skin to dry and solution to penetrate.

Day Three:

- Today is when the peeling phase starts usually around the mouth area peeling outwards.
- Remember to use the combinations of moisturizer and hydrocortisone 3 times per day.
- You must wear your sunscreen and try to avoid the sun during the peeling phase.

Day Four – Seven

- You will continue to peel and will continue using the combination of moisturizer and hydrocortisone.
- Remember to wear sunscreen everyday.
- You can wear make-up throughout the peeling process if you desire.
- After all peeling is complete you may resume your normal skin care regimen.

Please note the following:

- Never peel or force the skin off, you will scar. Your skin will naturally slough off when washed. You may take small scissors and trim the peeling skin. Please be careful when doing so.
- If at anytime the moisturizer or sunscreen or a combination of both irritate your skin stop using them immediately and use the hydrocortisone.
- If you have a gentle moisturizer and sunscreen that you know does not cause irritation to your skin type, you can try using it.
- Please also refer to the “patient post-peel instructions” located in you post peel kit. The instructions say to use a 1% hydrocortisone cream if needed. The instructions will soon be changed to reflect the directions on this sheet, whereas you start applying the combination of moisturizer and a 1% hydrocortisone cream 4 hours after the peel and continuing 3 times per day throughout the peeling phase.
- If at anytime you have any questions or concerns, please contact your doctor.

In 7 days you are going to have beautiful, glowing and healthy skin! You may have this peel performed once a month.