

POST PEEL INSTRUCTIONS

After your Vitalize/Rejuvenize or VI Peel:

It is crucial to the health of your skin and the success of your peel that these guidelines be followed:

1. After your peel your skin will have a light yellow tinge. This is due to the solution used. It is temporary and will fade in 1-2 hours. We recommend you do not wash your face until the evening, however if you should choose to wash it sooner, please wait at least 4 hours.
2. It is imperative that you use a sunscreen with an SPF of at least 30 and avoid direct sunlight for at least 1 week.
3. Patient's with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as you may be more sensitive following the peel.
4. Your skin may be more red than usual for 2-5 days. Please avoid strenuous exercise during this time. No sweating!
5. Approximately 48 hours after the treatment, your skin will start to peel. The peeling will generally last 2-5 days. **DO NOT PICK OR PULL THE SKIN** (this can cause scarring)! Allow the skin to peel at its own pace.
6. When washing your face, do not scrub, do not use a wash cloth. Use your fingertips gently with a gentle cleanser and water as recommended, (or one that does not contain soap). Pat dry lightly.
7. After washing your face apply the recommended moisturizer at least twice daily and as often as needed to relieve dryness.
8. You may resume use of your regular products including retinol, Retin-A, Alpha-hydroxy acid products or bleaching creams **ONLY** after the peeling process is complete and your skin is back to normal.
9. Wait until peeling completely subsides before having **ANY OTHER FACIAL PROCEDURES** including Laser treatments, Facial hair removal, Facials, microdermabrasion, Botox or dermal filler injections.
- 10.) Follow any instructions regarding your specific peel as instructed by your practitioner.

***Call the office immediately if you have any unexpected problems after the procedure.**