**Pre and Post VI Peel Visit Instructions**

To have a safe and effective chemical peel session, it is important that you adhere to the following pre- and post-visit instructions.

Before your appointment:

* Wait at least one-year post Accutane/isotretinoin use before your peel.
* Make sure your face is free from sunburn, cuts or abrasions, infections, or rashes.
* 1 week prior: avoid waxing, laser hair removal, or tattooing in the treatment area including micro blading, do not use any hair removal creams.
* 3 days prior: stop using retinA, Renova, Differin, Tazorac, Tretinoin, Avage, EpiDuo, Ziana, or any products containing Retinol, AHA, BHA, benzoyl peroxide, or any exfoliating products that may be drying or irritating.
* If you are prone to herpes simplex outbreaks, such as cold sores, consult your provider on ways to treat prior, or discuss whether the procedure is appropriate for you.
* If the treatment area has irritated skin (sunburn, open wounds, warts, sores, excessively sensitive skin) the day preceding your appointment, please contact me.
* Chemical peels are contraindicated in patients with a history of recent chemotherapy or radiation therapy; allergies to salicylates like aspirin, phenol or hydroquinone allergy; rashes, or skin reactions; vitiligo, autoimmune disease (rheumatoid arthritis, psoriasis, lupus, multiple sclerosis), liver condition, or any condition that may weaken their immune system; and pregnancy or breast feeding.

After your VI Chemical Peel:

* You will receive a post peel kit with instructions.
* Do not wash your face. Leave the VI Peel solution on for 4 hours. Avoid sun exposure, excessive sweating, and heat.
* Drink plenty of water- stay hydrated.
* Download the easy to use VI Peel app which will walk you through all your post care 7 days instructions.
* It is important to apply SPF 30+ sunscreen every day, even if it is not sunny. Reapply as necessary.
* Do not exfoliate, pick, peel, rub, or pull any of the peeling skin. Allow the skin to peel at its own pace. (Premature peeling of the skin may develop into post-inflammatory hyperpigmentation.)
* Do not use any facial devices to cleanse your skin.
* Avoid prolonged sun exposure for 7 days post peel.
* Some patients may experience extreme dryness after treatment. Continue use of post care products provided and/or recommended by your provider.
* If you have a concern, please call or text Mindy at (540)-445-1623.

If any mild side effects occur such as hives, swelling, prolonged redness, itching, or any additional non-life-threatening symptoms, please call or text Mindy at 540-445-1623 immediately.

If any type of serious adverse events occurs such as diffuse hives, shortness of breath, trouble swallowing, severe swelling, or anything else that is concerning, call 911 or report to the emergency department immediately.