



AMAZING SKIN AESTHETICS

6819 Warner Avenue  
Huntington Beach, CA 92647  
(714) 848-2232

## Vi Peel Post Care Instructions

Congratulations on your VI Peel! To ensure the best results and a smooth recovery, please follow these instructions carefully. Your skin is now in a "renewal phase," and how you treat it over the next 7 days is critical.

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### The First 4 Hours: "The Golden Rule"

- **Do Not Wash:** Leave the peel solution on your skin for at least **4 hours**.
  - **Touch-Free Zone:** Do not touch, rub, or apply any products (including makeup or sunscreen) during this window.
  - **Avoid Heat:** Stay away from steam, hot ovens, and direct sunlight.
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### Your 7-Day Recovery Timeline

#### Day 1 (Day of Treatment)

- **4 Hours Post-Peel:** Cleanse with a gentle cleanser and cool water. Pat dry. Apply your first **Post-Peel Towelette** (rub firmly).
- **Before Bed:** Cleanse again, pat dry, and apply the second **Post-Peel Towelette**.
- **Expectation:** Skin may look "bronzed," tan, or slightly red. This is normal.

#### Day 2 (The Calm Before)

- **AM/PM:** Use gentle cleanser and the VI Derm SPF 50 provided.
- **Expectation:** Skin may feel tight or look "stretched," but usually no peeling yet.

#### Days 3–5 (The Peeling Phase)

- **The Peel:** Peeling typically begins around the mouth and spreads outward. **NEVER pick, pull, or tear the skin.** Let it shed naturally.
- **Hydration:** Use the VI Post-Treatment Repair Cream frequently to manage dryness.
- **Expectation:** This is the "heavy" peeling window. Your skin may look patchy or flaky.

#### Days 6–7 (The Glow Up)

- **New Skin:** Peeling should be finishing. Your new skin will be baby-soft and very sensitive to the sun.



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- **Expectation:** Brighter, smoother texture begins to emerge.
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## Tips to Cool & Soothe Your Skin

If your skin feels "hot," itchy, or overly sensitized, use these aesthetician-approved cooling methods:

1. **Cool Water Only:** Wash your face with **cool or tepid water**. Avoid hot showers, as steam can cause "internal heat" and lead to blistering or PIH (post-inflammatory hyperpigmentation).
  2. **Cold Compresses:** Apply a clean, soft cloth soaked in cold water to the area for 5–10 minutes. **Do not apply ice directly** to the skin.
  3. **Hydrocortisone:** You may apply a thin layer of 1% Hydrocortisone cream (included in your kit) to itchy or red areas.
  4. **Antihistamine:** If you experience significant itching (especially at night), an over-the-counter antihistamine (like Benadryl) can help.
  5. **Fan Cooling:** Use a handheld fan or sit near a cool breeze if the skin feels "spicy" after using the towelettes.
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## Important "Don'ts"

- **NO Picking:** Forcing skin off can cause permanent scarring or dark spots. If a piece of skin is hanging, you may carefully trim it with small sanitized scissors.
  - **NO Sweating:** Avoid heavy exercise, saunas, and hot tubs for at least **72–96 hours**. Sweat can get trapped under the peel, causing irritation or blisters.
  - **NO Actives:** Stop using Retin-A, Vitamin C, AHAs, or BHAs for **7 full days**.
  - **NO Sun:** Stay out of direct sunlight. Your "new" skin has no natural protection yet.
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## When to Call Us

Please contact **Amazing Skin Aesthetics** immediately at **(714) 848-2232** if you experience:

- Extreme swelling or "weeping" of the skin.
- Severe blistering or pain that prevents sleep.
- Any signs of an allergic reaction.