

PRE-TREATMENT

(three days before the treatment)

- **Avoid** the following procedures: electrolysis, waxing, depilatory creams and laser hair removal
- **Stop** using any exfoliating products that may be drying or irritating
- **Stop** using products containing Salicylic Acid, Alpha Hydroxy Acids, Retinol, prescription Retinoids or Benzoyl Peroxide such as the following Vivier™ products:

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|-----------------------------|--------------------------------|
| • Medicated Wash | • Retinol 1.0% Night Complex |
| • AHA/BHA Exfoliating Cream | • Platiné Peptide CR Complex |
| • Exfoliant Forte | • Platiné Peptide CR Crème |
| • 0.3% Retinol SR Complex | • Platiné Peptide CR Eye Crème |
| • 1.0% Retinol SR Complex | • Acne Treatment Lotion |

DURING AND AFTER THE TREATMENT

(what to expect)

- You may experience a slight stinging sensation as the treatment activates on your skin
- Approximately 48 hours after the treatment, your skin may peel, be red, dry and irritated
- Skin may take on a sunburned appearance
- Peeling and redness, if any, may last for three to five days
- The amount of sloughing experienced will vary depending on the condition of your skin and the home care products used
- The amount of peeling observed is not an indication of the effectiveness of the treatment

POST-TREATMENT

- The night of your treatment rinse your skin gently with water only and pat dry
- Do not rub, pick or pull your skin as scarring may result
- **Avoid** vigorous activities, swimming and hot showers, especially in the first 24 hours following the treatment
- **Avoid** harsh cleansers, washcloths, scrubs or loofahs for 48 hours following your treatment (gentle scrubs such as Vivier™ Vitamin C Scrub are safe to use)
- Do not use products containing Salicylic Acid, Alpha Hydroxy Acids, Retinol, prescription Retinoids or Benzoyl Peroxide up to 48 hours following your treatment or once peeling, redness or dryness subsides such as the following Vivier™ products:

- | | |
|-----------------------------|--------------------------------|
| • Medicated Wash | • Retinol 1.0% Night Complex |
| • AHA/BHA Exfoliating Cream | • Platiné Peptide CR Complex |
| • Exfoliant Forte | • Platiné Peptide CR Crème |
| • 0.3% Retinol SR Complex | • Platiné Peptide CR Eye Crème |
| • 1.0% Retinol SR Complex | • Acne Treatment Lotion |

- You may continue to use products that do not contain the previously mentioned ingredients the day after your treatment
- Do not have any other facial treatment for at least one week after the procedure
- Use a sunscreen with SPF 30 or higher daily and avoid direct sunlight for at least one week

AT-HOME

- To maintain or improve your results at-home, use the suitable Vivier™ Skin Care Program recommended by your skin care specialist
- If outdoor activities are planned use a Vivier™ SPF 30 or SPF 45

If you have any questions or concerns do not hesitate to contact your skin care specialist or physician.