

## **What is a chemical peel/VI Peel?**

A VI Peel is a medium-depth chemical peel that penetrates your top layer of skin, called the epidermis, reaching into the dermis underneath. Like other chemical peels, a VI Peel works by exfoliating your skin and stimulating the production of new proteins.

VI Peel contains a synergistic blend of powerful ingredients suitable for all skin types. This peel will help to improve the tone, texture, and clarity of your skin and provide anti-aging benefits. Chemical peels can help tighten skin, smooth texture, and brighten tone. VI peels are specifically formulated to rejuvenate and help prevent future damage to the skin.

Overall benefits of a chemical peel include improving the tone, texture and clarity of the skin; reducing or eliminating hyperpigmentation, including age spots, freckles and melasma; softening of fine lines and wrinkles; reduction in acne and acne scarring; stimulation of the production of collagen resulting in firmer more youthful skin.

## **HOW MANY TREATMENTS ARE NEEDED FOR OPTIMAL RESULTS?**

For optimal results generally a series of 3-4 treatments is recommended. However, the number of treatments required will depend on each patient's individual level of skin correction needed.

## **How to prepare for your peel and what to expect at your appointment**

At your appointment your provider will discuss the treatment process, your specific concerns and then select the peel that will work best for your needs.

### Pre-Treatment Instructions:

- 1-2 weeks prior to treatment avoid use of topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Differin gel/cream, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other "anti-aging", "acne", and "bleaching" products.
- Avoid unprotected direct sun exposure of any kind as well as tanning beds and self-tanning to the planned treatment area(s) for 4 weeks prior to treatment. A tan can produce a burn to the skin and can result in hyperpigmentation (skin darkening) as well as hypopigmentation (skin lightening).
- If you have melasma, discuss pretreatment with hydroquinone with your provider or the medical director.
- If you are currently using hydroquinone, stop application at least one week prior to your peel. You may resume use of hydroquinone 1-2 weeks after your treatment.
- Avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.

- Inform your provider if you have a history of facial and/or nasal herpes (cold sores) to receive advice on antiviral therapy prior to treatment. **Failure to inform your provider about history of cold sores and/or receiving treatment with an active sore can result in serious complications including Bells Palsy.**
- If you are currently using isotretinoin (Accutane) or similar medications, you will need to stop using 6 months prior to chemical peel treatment to avoid serious skin injury.
- Please arrive without makeup on the treatment area.
- Don't shave the treatment area the day of treatment.
- Do not apply any creams, lotions, aftershave, cologne, or perfumes the day of the appointment to the planned treatment area(s).
- Avoid electrolysis and any type of laser treatments (laser hair removal, IPL, BBL, etc) to the area(s) of treatment 4 weeks prior to treatment and 4 weeks after treatment.
- Avoid exfoliation prior to your peel.

#### Post Treatment Instructions:

- Use clean hands, cool water, and a gentle cleanser to cleanse the skin (no loofahs or washcloths). We recommend using the Revision Gentle Cleanser. Other mild cleansers such as Dove Unscented Bar Soap for Sensitive Skin®, Aveeno®, Cetaphil®, CeraVe®, or Vanicream® may be recommended by your provider, depending on your specific needs.
- Apply post treatment moisturizer as directed by the provider.
- Unprotected sun exposure must be avoided during the healing process. Immediately following the peel, you will not be able to use sunscreen, so please bring a physical covering such as a hat, umbrella or sun shield. After 24 hours sunscreen (minimum SPF 35 but 50 SPF preferred) should be applied for any sun exposure, including indoors by a window or while driving. Failure to properly protect your skin follow a peel can lead to undesired results such as hyperpigmentation, hypopigmentation and impaired healing.
- Avoid tanning, unprotected sun exposure, tanning beds and self-tanner to the treatment area(s) for 4 weeks after treatment.
- Your skin may take on a rough, patchy, darkened quality a few days after this treatment. This is normal and expected and it will resolve on its own.
- You may gently apply a cold compress to the treated area(s) as needed for any burning or irritation associated with your treatment.
- Avoid excessive heat exposure including saunas, extremely hot showers or washing the treated area(s) with hot water, especially during the first 24-48 hours.
- Avoid strenuous exercise for at least 3 days following treatment as this can exacerbate the inflammatory process and cause excessive inflammation.
- Avoid sweating after treatment until area is healed. Excessive sweating can irritate the skin or cause blistering due to the sweat not being able to escape through the normal

process. Sweating can also lead to premature lifting of the skin leading to undesired results, including scarring.

- Do not use any acidic products such as retinoids or tretinoin, acne medication products such as Retin-A®, Tazorac®, Renova®, Atralin®, Ziana®, Veltin®, Differin®, the antibiotic Doxycycline, AHAs (lactic, glycolic, tartaric, etc.), BHAs (salicylic), benzoyl peroxide, vitamin C products, lightening agents such as hydroquinone or any exfoliative products including loofahs or coarse sponges to your skin for 2 weeks after your treatment. These medications and products increase your photosensitivity and can cause irritation or premature peeling which can significantly increase the likelihood of complications.
- If your treatment was on the face or neck, avoid getting your hair dyed until a week after you have finished peeling.
- This procedure can stimulate cold sores. If you have an outbreak after your treatment, please call the spa at 425-299-9379 to inquire about obtaining a prescription for treatment.
- Avoid picking or peeling of sloughing skin, if necessary, peeling skin may be trimmed aseptically using scissors as directed by the provider.
- Avoid manipulation of the treated area and avoid use of makeup, as instructed by the practitioner.
- Do not exfoliate, use depilatory creams, wax, pluck hair or receive any other treatments to the treated area for at least 2 weeks after treatment.