VI Peel Aftercare Instructions

VI PEEL AFTERCARE INSTRUCTIONS

Thank you for choosing VI Peel for your skin rejuvenation. VI Peel is a medical-grade chemical peel designed to improve the appearance of skin texture, tone, and pigmentation. To ensure the best possible results and promote optimal healing, please follow these aftercare instructions carefully.

IMMEDIATELY AFTER TREATMENT

Mild Redness and Tingling

It is normal to experience mild redness, tingling, or a warm sensation in the treated area immediately after the peel. This is temporary and should subside within a few hours.

Peeling and Dryness

You will start to notice the skin peeling and becoming dry in the 2-3 days following your treatment. This is part of the process as the skin sheds its outer layers.

Avoid Touching or Scratching

Do not touch, rub, or pick at the treated skin to avoid irritation, scarring, or infection. Allow the peeling to happen naturally.

FOR THE FIRST 48 HOURS

Gentle Cleansing

Use a gentle, non-alcoholic cleanser to wash your face. Avoid any harsh scrubbing or exfoliating products for at least 1 week.

Moisturising

Apply a hydrating moisturiser regularly, as the skin may feel dry or tight after the treatment. Follow the specific recommendations from your practitioner.

Avoid Sun Exposure

Your skin will be more sensitive to the sun after a VI Peel. Avoid direct sun exposure for at least 5-7 days after the peel. Use a broad-spectrum sunscreen (SPF 30 or higher) on the treated areas when going outside.

No Heat Exposure

Avoid hot showers, saunas, hot tubs, or excessive sweating for at least 48 hours after the treatment, as heat can irritate the skin and hinder the healing process.

FOR THE FIRST WEEK

Peeling and Flaking

The treated skin will begin to peel, usually starting 2-3 days after the peel. This is normal. Do not pick at or force the peeling skin off, as this can lead to scarring or pigmentation issues.

Avoid Makeup

Avoid wearing makeup for at least 24 hours after treatment. After 24 hours, if you must apply makeup, use non-comedogenic products that are gentle on the skin.

Use Sun Protection

Apply sunscreen with SPF 30 or higher every day, especially if you're going outdoors. Even on cloudy days, sun exposure can cause hyperpigmentation in the treated areas.

Gentle Skincare

Use only mild, hydrating products that are free of harsh chemicals. Avoid products with retinol, AHAs, or exfoliants for at least 1 week post-treatment to allow the skin to recover fully.

COMMON SIDE EFFECTS

Swelling and Redness

Mild swelling and redness are common and should subside within 1-2 days. Some people may experience a 'sunburn' feeling for the first 24 hours.

Dryness and Peeling

Dryness and flaking of the skin will start 2-3 days after treatment and continue for about 5-7 days. This is the skin's natural process of exfoliation.

Itching

As your skin heals and begins to peel, you may experience mild itching. This is normal, but it is important to avoid scratching the skin.

WHEN TO CONTACT US

Please contact your practitioner immediately if you experience:

Reasons to contact your practitioner immediately

- [ ] Severe swelling, redness, or warmth at the treated site (signs of infection).
- [ ] Excessive peeling, blistering, or irritation that doesn't subside within a few days.
- [ ] Signs of an allergic reaction, such as rash, hives, or difficulty breathing.
- [ ] Unusual pain or discomfort that is not relieved by over-the-counter pain relief.

LONG-TERM CARE

Continue Sun Protection

Protect your skin from UV rays for at least 6 months after the peel. Use a broad-spectrum sunscreen with SPF 30 or higher daily to avoid pigmentation changes and protect the newly revealed skin.

Hydration

Keep your skin hydrated by drinking plenty of water and using moisturisers to maintain skin elasticity. Hydrated skin will recover more quickly and look radiant after the peel.

Avoid Exfoliating Products

Avoid using exfoliating products or strong acids (like glycolic acid, salicylic acid, or retinoids) for at least 2 weeks after the treatment to avoid irritating the skin.

Regular Skincare Routine

Once your skin has healed, maintain a gentle skincare routine with products suited to your skin type. Consider using vitamin C or other anti-aging products to enhance the results of the peel.

CONFIRMATION

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

- [ ] I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.