



## Pre and Post Treatment Instructions

### Chemical Peel | VI Peel

For your safety and in order to obtain optimum results, the instructions below should be followed

#### Pre-treatment:

- Sunscreen, sun avoidance and avoid sunburn prior to chemical peel.
- Preconditioned skin with Medical Grade Skincare is recommended.
- Discontinue retinols, hydroquinones, tretinoin and benzoyl peroxide products at least 5 days prior to peel unless otherwise instructed.
- Avoid electrolysis, waxing 7 days prior.
- Allow at least 2 weeks for skin to completely heal from BBL/IPL, laser, microdermabrasion prior to peel.

#### Aftercare:

- Provider will advise you on day of peel when to next wash treated area.
  - ◆ You may apply your regular products or gentle skin care products that do not contain acids, benzoyl peroxide, retinols or irritating products for 1 week following the peel.
  - ◆ Please apply your regular sunscreen and protect your investment.
- Mild redness and sloughing are all normal signs after the peel and vary based on patient responses and type of peel received.
- Avoid rubbing, scratching, peeling, or picking the skin with your fingers while healing.
- Avoid direct sun exposure for at least 7-10 days following the peel. Always wear sunscreen.
- Avoid running water directly on your face while showering.
- Avoid strenuous exercise and sweating until skin is completely healed.
- Avoid procedures, such as facials, hair removal, microdermabrasion, and lasers until skin is fully healed.
- After skin is healed, approximately 1 week, return to your regular skin care program.

**I have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.**

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Patient Signature

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Witness Signature

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Date