

CHEMICAL PEELS (VI PEEL)

PRE-TREATMENT CARE:

1. Inform Your Provider: Inform your treatment provider of any medical conditions, allergies, or medications you are currently taking, especially if you are using retinoids or other topical treatments.
2. Avoid Sun Exposure: Avoid excessive sun exposure and tanning beds for at least 2 weeks before your treatment. Use a broad-spectrum sunscreen with SPF 30 or higher daily.
3. Discontinue Certain Products: Stop using any retinoids, glycolic acid, salicylic acid, and other exfoliating products at least 1 week before your peel to avoid irritation.
4. Hydrate: Drink plenty of water in the days leading up to your treatment to keep your skin hydrated and enhance the treatment's effectiveness.
5. Avoid Hair Removal: Do not wax, thread, or use any hair removal creams on the treatment area for at least 1 week before your appointment.
6. Medication Review: Discuss any medications or supplements you are currently taking with your provider to ensure there are no contraindications.
7. Avoid Facial Treatments: Avoid other facial treatments like microdermabrasion, laser treatments, or facials for at least 2 weeks before your chemical peel.

POST-TREATMENT CARE:

1. Avoid Sun Exposure: Avoid direct sun exposure and tanning beds for at least 2 weeks after your treatment. Apply a broad-spectrum sunscreen with SPF 30 or higher daily and wear protective clothing when outdoors.
2. Gentle Skincare: Use gentle skincare products as recommended by your provider. Avoid harsh exfoliants, retinoids, and active ingredients like alpha hydroxy acids for at least 1 week post-treatment.
3. Avoid Heat and Exercise: Avoid vigorous exercise, saunas, hot tubs, and excessive heat for at least 24-48 hours after your peel to prevent irritation and swelling.
4. Hydration: Continue to drink plenty of water to keep your skin hydrated and support the healing process.
5. Do Not Pick or Peel: Avoid picking, scratching, or peeling the treated area to prevent scarring and allow the skin to heal naturally.
6. Avoid Makeup: Refrain from applying makeup for at least 24 hours post-treatment to let your skin breathe and recover.
7. Moisturize: Keep your skin moisturized with a gentle, hydrating moisturizer as recommended by your provider to maintain the treatment's effects.
8. Follow-Up Treatments: Schedule follow-up treatments as recommended by your provider to achieve and maintain optimal results.
9. Monitor for Reactions: Monitor the treated area for any unusual reactions such as severe redness, swelling, blistering, or signs of infection, and contact your provider immediately if they occur.
10. Avoid Alcohol and Caffeine: Limit alcohol and caffeine intake for at least 24 hours post-treatment to prevent dehydration and support skin recovery.

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