



212.366.4787 | www.beautyfixmedspa.com

VI PEEL

PRE- AND POST-CARE GUIDE

PRE-TREATMENT INSTRUCTIONS

Avoid sun exposure before your chemical peel since sun damaged skin does not respond as well to treatment. When you must be in the sun, prepare by using sunscreen with a minimum SPF 30 whenever you are outside. We will not perform a peel on sunburned skin.

Avoid waxing any area of your face in the days leading up to your peel; this can cause excessive irritation and inflammation.

Do not shave the treated area **48 hours** prior to treatment.

For approximately **5 days** prior to your treatment, delay use of any over the counter products that may cause skin sensitivity such as, Retin-A, Retinol, and Glycolic Acids.

POST-TREATMENT INSTRUCTIONS

The day of and a few days after a VI Peel, your skin will feel tight and almost as if you have a sunburn. All skin types do not physically peel after receiving a VI Peel; this is due to your skin genetics and your current skin care routine.

If your skin does begin to peel, it will normally start around the nose and mouth area, eventually working its way outward on the third day post peel. Peeling should be complete in **7 days**. As the skin peels it may appear darker on areas with acne breakouts or current hyperpigmentation until dead skin peels off.

Do not pick or scratch skin.. Over-touching the treated area may cause complications such as infection and hyperpigmentation. A cold compress may help relieve any post-peel discomfort. Post-peel skin may feel as if you have a sunburn, but continued burning is not normal.

It's important to keep your face moisturized after a VI Peel as dry skin is more vulnerable to cracks and possible scarring. Make sure to apply cream or lotion diligently in the **first week** following a peel until your skin has completely healed.

Avoid the sun completely in the first **7-14 days** after a peel unless you are wearing sunscreen. Once your skin has healed, continue to wear sunscreen with SPF 30 or higher to minimize the formation of new lines, wrinkles, and hyperpigmentation.



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No heat treatments permitted for **48 hours** after treatment, i.e. steam rooms, hot tub, hot showers, waxing, and strenuous exercise.

For approximately **7 days** following your treatment, delay use of over the counter products that may cause skin sensitivity such as: Retin-A, Retinol, and Glycolic Acids.

Do not shave the treated area for **48 hours** post-treatment.

We want you to have a safe and exceptional experience at BeautyFix!

If you experience discomfort within 12 hours post-treatment, please call BeautyFix at 212-366-4787 or email us at customercare@beautyfixmedspa.com with your concerns.