

## VI Peel

### Aftercare instructions for Melasma and Hyperpigmentation

#### Day 1 (day of peel)

Please inform us if you have a history of fever blisters as you may benefit from anti-viral medication.

- Do not wash face.
- Avoid sun exposure.
- Do not apply SPF, makeup, or moisturizer.
- Apply 1 post-peel towelette to treated areas prior to bedtime.

#### Day 2

- In the morning, wash face with Cetaphil Gentle Cleanser.
- After washing the face, apply the VI Derm Post Peel Protectant (moisturizer) to entire face.
- Apply VI Derm Bleach and Ultra A to pigmented areas and rub in firmly.
- Apply VI Derm SPF to entire face.
- Re-apply VI Derm Post Peel Protectant (moisturizer), VI Derm Bleach, Ultra A and VI Derm SPF at least 3 times throughout the day.
- 1 hour prior to bedtime, wash face with Cetaphil Gentle Cleanser
- Pat dry (do not wipe)
- Apply 1 post-peel towelette to treated areas prior to bedtime.

#### Day 3-7 (Peeling Begins)

- Wash face with Cetaphil Gentle Cleanser.
- Pat dry (do not wipe)
- Apply VI Derm Post Peel Protectant (moisturizer) and VI Derm SPF to treated areas. Re-apply VI Derm Post Peel Protectant (moisturizer) and VI Derm SPF at least 3 times throughout the day.
- Do not pick peeled skin as this may lead to pigmentation.
- When peeling is complete (approximately 1 week after your VI Peel treatment):
  - Use the VI Derm Post Peel Protectant (moisturizer) twice a day.
  - Use the VI Derm Bleach and Ultra A at night, after washing face but before applying moisturizer.
  - You may begin using your regular skin care products at this time; however, avoid the use of exfoliating products (other than the Ultra A) for approximately 6 weeks.
- Sunblock is essential to maintain your results. We recommend Colorescience SPF 30, ELTA MD UV Sport SPF 50, UV Daily SPF 40, or UV Clear SPF 46

You may benefit from more than one VI Peel treatment; we recommend the VI Peel every 2-4 months for maintenance therapy.

Please contact us at 949.650.8882 if you have any questions or concerns.