



Pre and Post Treatment Care VI Peel for Intimate Area

Pre-treatment Care:

- Refrain from waxing, threading, or using hair removal creams for 10 to 14 days before the peel.
- Hold off on laser treatments or electrolysis for at least 1 week beforehand.
- Shave two days or at least 24 hours before the procedure. If you do not shave, trim your hair so the product can reach the skin directly.
- Stop using Retin-A or similar products for at least 3 days before your appointment.
- You can engage in sexual activity 24 hours before the procedure.

Post-treatment Care:

- Avoid the following for at least 7 days post-peel: Hot showers, Steam rooms, saunas, jacuzzis, Swimming, Heavy exercise that causes sweating.
- You can resume sexual activity after the skin is completely healed. Friction could affect results.
- Waxing is permitted 3 weeks after the treatment, if the skin is completely healed.
- For enhanced and longer-lasting results, this process can be repeated every 4-6 weeks.

Day 1:

- Right after your peel, your skin might appear yellowish, reddish, or tan — this is normal and caused by the Retinoic Acid in the formula.
- Gently cleanse your skin 4 hours post-peel using fingertips only, cleanse the skin using a gentle cleanser with no fragrance or active ingredients (Vi Derm Gentle Purifying Cleanser, Dove, Cetaphil, etc). Rinse with cool water and pat dry.
- Apply a thin layer of Vi Derm Retcorrect Exfoliator, wait 10 minutes. If irritation or itchiness occurs, apply a thin layer of Vi Derm Post Treatment Repair Cream.
- 1 Hour before bedtime, follow the same steps as shown above.

Day 2:

- Clean the skin with a gentle cleanser, pat dry (again, avoid hot water).



- Continue the regimen morning and evening until peeling begins: Apply one thin layer of the provided 1oz Retinoic Serum to the treatment area. If needed, apply the Vi Derm Post Treatment Repair Cream.

Once Peeling Begins

- Once visible skin flaking or peeling is present, STOP using the Vi Derm RetCorrect Exfoliator.
- Continue cleansing the skin with a gentle cleanser. If irritation or itchiness occurs, apply a thin layer of Vi Derm Post Treatment Repair Cream.
- Visible peeling may last from 3-7 days.

After Peeling is complete, Reincorporate the Vi Derm Retcorrect Exfoliator into your Home Regimen for Maintenance of results.

AFTERCARE TIPS:

- **The level of peeling may vary from flaking to heavy peeling.** You will peel as much as your skin needs to peel.
- Your skin may experience **slight irritation, itchiness, or inflammation.**
- **Dark spots may temporarily darken** during the peeling process.
- **Avoid rubbing, pulling, picking, and peeling the skin.** This can cause irritation, scarring, and pigmentation.
- **Avoid activities that cause excessive sweating** for 3-5 days after your Vi Peel treatment (including exercise, sauna, hot tub, and steam room).
- **Avoid hot water** when cleansing your face.
- **Stay hydrated** and drink lots of water.
- **Avoid Sexual activity until the skin is completely healed.**
- After applying each towelette, **wash hands with soap and water.**