



tenley k lawton m.d.
BOARD CERTIFIED PLASTIC SURGEON

POST VI-PEEL INSTRUCTIONS

- ✧ Be sure to have the post peel kit which was provided. Do not apply SPF, makeup or moisturizer of any kind. The peel must be the only thing on left on the skin for the remainder of the day in order to allow time for proper penetration. The ViPeel solution should be left on the face for at least 8 hours and you must not be exposed to the sun.
- ✧ *Scenario 1:* If the patient has the treatment done before 1 pm the patient may wash the peel off one hour before bedtime that evening and apply the (Retine A/Vitamin C towelette) into the skin and sleep with it in the skin that first night.
- ✧ *Scenario 2:* If the patient has the treatment done after 1 pm the patient must leave the ViPeel solution on over night. However, instead of washing it off and applying the towelette he or she will leave the ViPeel solution on and apply the (Retine A/Vitamin C towelette) on top of the ViPeel and spend the night with both in the skin.
- ✧ The morning following the peel, wash and dry the face and apply hydrocortisone 1% and the provided SPF 30 on top. Please reapply the hydrocortisone and SPF at least three times throughout the day.
- ✧ That second night one hour before bedtime wash and dry the face and apply the second (Retine A/Vitamin C towelette) into the skin and sleep with it all night.
- ✧ The following morning is the day you should begin to peel. When you wake up wash and dry the face, apply the hydrocortisone and SPF 30. Continue to re-apply these three times daily. However, on this day that you have the option to begin using the moisturizer provided. (Only after you have begun peeling).
- ✧ You should continue to reapply Hydrocortisone, SPF (Moisturizer if desired only on day three forward) three times a day starting day two and carrying on throughout the entire peel process (approximately 10 days).

Please stay out of the sun while peeling. You should wear a hat for protection. Do not work out or sweat excessively for the first three days. Please do not pick hanging skin, but rather cuts any hanging skin with scissors.