



MEDICAL GRADE PEEL POST-CARE

Post application instructions and FAQ's

- Do NOT work out during the first 2 days of the peel. No overheating and profusely sweating. The heat may cause the peel to penetrate more deeply and unevenly.
- Use a gentle cleanser on your face.
- If you received a VI Peel, use Gentle Cleanser sparingly, a little goes a long way and the 2 cleanser packets will last you all 7 days. Wash the face with cool water and keep the face out of hot shower and away from heat sources.
- VI Peels: You may begin using the post-peel cream provided immediately after your face wash post-peel. You can use it ANY time that you feel the need.
- ALL Peels: Neocutis Aftercare can be used any time after day 1 (day 1 being the day of application).
- You will start peeling around your mouth first, then out toward your cheeks and hairline.
- DO NOT scrub your face and do not pull at the peeling skin. You run the risk of creating a tear on your face, this can scar.
- Days 4 and 5 are typically the heaviest peeling. A VI Peel applied on Wednesday will typically result in the heaviest peeling Saturday and Sunday.
- Body Parts- chest, arms, and back can take 7 days to start peeling and often only flake.
- Do not do lash extensions 7-10 days post-peel. Adhesives as well as the pads under the eyes can cause irritation and swelling.
- Avoid the sun for the duration of the peel (7 days) and you must wear SPF 40-50 even if overcast.
- You may peel up to 10 days. Areas with sun damage and spots will peel a day or two after all the skin around those spots has come off. Those spots require extra work under the surface to repair and push out the excess melanin.
- Some people will get a "double peel" around their nose and chin area. (A little extra red and dry)
- Continue doing your Jan Marini glycolic exfoliation post-peel with your skincare after 7-10 days. This is how you elongate the effects of the peel and maintain smooth skin.

PURGING/BREAKOUTS

- Purging is a normal side effect of the peel. For some, it is minimal and for others, it can be significant. This should resolve in 10-14 days post-peeling. The peel will dry out surface breakouts, but deep acne will still come to the surface.

Pigment

- Our peels are designed to lift pigment and help lighten the skin. The pigment comes from the papillary dermis and may look as though it's worsening before it gets better, however, this is the time to REALLY attack those melanocytes with additional methods, and this is why I may recommend we do peels as a series. Pigment darker on days 4-7 or even 9-10 is normal. For stubborn and heavy pigment we use 3 peels and use brightening-specific skincare after the peeling process is complete.