



THE MED SPA THAT  
COMES TO YOU.

## VI Peel After Care Instructions

### Day 1

#### 4 Hours Post-Treatment

- Using your fingertips only, cleanse your skin with **VI Derm Gentle Purifying Cleanser** (included in your take-home kit).
- Rinse with cool water and pat dry. **Avoid hot water for 7 days.**
- Apply the **1st towelette:**  
The towelette is to be applied over the entire treated surface of the skin.  
Avoid passing towelette over eyelids and lips.  
Problem areas may be applied with firm pressure for best results.  
The skin should not be cleansed after the towelette application.  
Wash your hands thoroughly after application of towelette.
- Makeup can be worn.  
Use the **VI Derm Post-Treatment Repair Cream** as a moisturizer before applying makeup.  
No other personal hydrating products should be applied.
- **Important:** If you have medium to dark skin (e.g. Fitzpatrick Skin Types 4, 5 and 6) you must apply the VI Derm Post-Treatment Repair Cream approximately 10 minutes after the towelette has been fully absorbed to reduce the body's natural inflammatory response.

#### Night: 1 Hour Before Bedtime

- Using your fingertips only, cleanse your skin with **VI Derm Gentle Purifying Cleanser.**
- Rinse with cool water and pat dry.
- Apply the **2nd towelette:**  
Wash your hands thoroughly after application of towelette.  
\*If the VI Peel was applied later in the evening, use the 2nd towelette the following morning.
- **Important:** For medium to dark skin, you must apply the VI Derm Post-Treatment Repair Cream approximately 10 minutes after the towelette has been fully absorbed.

### Day 2

#### Morning

- Using your fingertips only, cleanse your skin with **VI Derm Gentle Purifying Cleanser.**
- Rinse with cool water and pat dry.

- Apply the **VI Derm Post-Treatment Repair Cream**. Wait until it fully absorbs.
- Apply the **VI Derm SPF 50 Daily UV Defense Broad Spectrum Sunscreen**.
- **Apply both 2-4 times** throughout the day or as often as needed. Makeup can be worn.
  - 1st Application
  - 2nd Application
  - 3rd Application
  - 4th Application

## Night: 1 Hour Before Bedtime

- Using your fingertips only, cleanse your skin with **VI Derm Gentle Purifying Cleanser**.
- Rinse with cool water and pat dry.
- Apply the **3rd towelette**:  
Wash your hands thoroughly after application of towelette.
- **Important:** For medium to dark skin, you must apply the VI Derm Post-Treatment Repair Cream approximately 10 minutes after the towelette has been fully absorbed.

## Day 3-7

### When Peeling Begins (~Day 3)

Once the skin starts peeling, DO NOT peel or pick at your skin. This is very important because such actions may cause irritation, scarring or pigmentation.

### Morning

- Cleanse skin with **VI Derm Gentle Purifying Cleanser**.
- Apply the **VI Derm Post-Treatment Repair Cream** as needed.
- Apply the **VI Derm SPF 50 Daily UV Defense Broad Spectrum Sunscreen** as needed.

### Night

- Apply the **VI Derm Post-Treatment Repair Cream**.

### When Peeling Stops (~Day 7)

Once your skin is done peeling, you may return to your normal skincare routine. Take an after photo to show off that glow and let your Provider know how you feel about your results!

### Love Your Results?

Tell your friends and family and leave a review!

Post your before and after on Instagram and tag **@bookpinch**

Share your referral link to start earning Pinch credit!

### Have Questions?

Ask your Pinch Provider!



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## VI Peel After Care Tips



### What to Expect

- The first two days your skin will look a little **tan, bronzed, or pink**. It may also feel a bit tight.
- The amount of peeling you'll experience varies greatly. You'll peel as much as your skin needs to.
- **Days 3, 4 and 5 are the typical days of peeling.** By Day 6, most exfoliation has subsided.
- Typically peeling starts in the peri-oral area, then peeling outward. The forehead and neck will be the last areas to peel.
- The skin on **the body peels slower than the face**; usually starting Day 4-7 and taking up to 10+ days.

As a general rule, **treat your skin like a sunburn**. During the peeling phase you must **avoid sun exposure, sweating, and heat**. Even after the peeling has subsided, your skin will be sensitive to UV light. Protect your investment and reapply sunscreen when outdoors.



### Towelettes

**Function:** The towelettes included in your post peel kit provide additional stimulation of the skin and expedite the peeling process.

**Use:** First towelette should be used 4 hours after your peel has been applied. Subsequent towelettes will be applied at intervals designated in your aftercare booklet. All towelettes should be spaced a minimum of 4 hours apart and all towelettes should be used in the first 48 hours.

**Side effects:** Towelettes are not refreshing towelettes. There are active ingredients in these towelettes and therefore you may note some light stinging upon application. Some people can also experience some itching, especially on night 1 which can be remedied by applying post peel protectant, hydrocortisone cream, or taking oral antihistamine.



## Peeling

### Safe Products to Use While Peeling:

- **VI Derm Cleanser** or another gentle cleanser
- **Post Peel Protectant** (May cause slight sensitivity when first applied but it quickly subsides)
- **SPF 50+**
- If you are excessively dry or irritated when peeling, add a light layer of **Aquaphor** as a barrier.

If any products in the post peel kit sting or irritate beyond your tolerance, reach out to your Pinch Provider for options to use instead.

### ✓ Do

- **Cleanse your face** prior to showering to keep your face protected from hot water.
- When cleansing your face, use your **fingertips only**.
- Keep your body **hydrated** and your skin **moisturized**.
- Reapply sunscreen when outdoors.

### ✗ Don't

- Do not use washcloths or facial brushes during the first week.
- Avoid pulling, picking, rubbing, and any premature removal of skin. **Never force or peel the skin off**. This could lead to significant irritation and possible hyperpigmentation.
- Avoid sun exposure, sweating, and heat.



## Glowing & Next Steps

### Resuming Skin Care Products:

- Non-Actives: Resume once peeling has subsided, usually Day 6-7.
- Actives: Resume once peeling has subsided and sensitivity has returned to normal (~Day 7-10).

### Physical Activity & Exercise:

- **Refrain for 72-96 hours** after peel application. Perspiration can lead to PIH or blistering.
- This is in part due to the salicylic acid and the reason other treatments shouldn't be performed.

### Additional Skincare Treatments:

- It is recommended to wait a **minimum of 2 weeks** before any treatment that creates exfoliation of the skin (including facials, extractions, waxing, and threading).
- Consult with your Pinch Provider for other treatment options.

**For best results, VI Peels should be scheduled every 4-6 weeks.**