



# VI Peel Aftercare Instructions

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## Post Care

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### Day 0: Immediately After Your Peel

- Leave the peel solution on for at least 4 hours. Do not wash your face during this time.
- Avoid sun exposure and sweating.
- No skincare or makeup until after your first cleanse.
- After 4 hours, cleanse with the VI Cleanser and apply Post-Peel Towelettes as directed.

### Days 1–2: Mild Redness & Tightness

- Expect your skin to feel tight, dry, or sensitive, similar to a mild sunburn.
- Apply VI Moisturizer as needed throughout the day to relieve tightness or itching.
- Avoid direct sun exposure. If going outdoors, wear a wide-brimmed hat and sunglasses.
- Do not pick, scrub, or exfoliate the skin.
- Continue using VI Cleanser, VI Moisturizer, and post-peel towelettes as instructed.

### Days 3–5: Peeling Phase Begins

- Skin will begin to peel, flake, or shed—this is normal.
- Avoid pulling or picking at flaking skin to prevent scarring.
- Use clean scissors to trim hanging skin only if necessary.
- Continue using VI post-care products as provided.
- No makeup or active ingredients (retinols, AHAs, BHAs, etc.) during this phase.
- Stay hydrated and moisturize frequently.

### Day 6 and Beyond: Healing & Glow

- Peeling typically slows down or resolves.
- You may now resume gentle skincare products unless advised otherwise.
- Continue applying broad-spectrum SPF 30+ daily, even indoors.
- Avoid retinol and exfoliating products for at least 7–10 days post-peel.

### Call Us If You Experience:

- Excessive swelling or blistering
- Unusual pain or discomfort
- Signs of infection (oozing, pus, or fever)
- Skin that won't stop peeling after 7–10 days

### Pro Tip for Best Results:

- Schedule your VI Peel at least 2–3 weeks before major events to allow time for full healing and glowing results. Peels can be repeated every 4–6 weeks as part of a customized skincare plan.
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