

SAGE & VINE

AESTHETICS

VI Peels

VI peels can be a powerful and efficient way to achieve your skin goals. These peels are good for all skin types and colors and can treat signs of aging, texture, tone, sun damage, hyperpigmentation, melasma, active acne, enlarged pores, stretch marks, acne and surgical scars and more. VI peels can be used to treat older teens struggling with acne and acne scars all the way to those with mature skin looking to reverse lines and photopigmentation. These treatments are versatile and can be done as a series for dramatic results as well as seasonally for maintenance. VI peels are great as a combination treatment with other services such as IPL, Morpheus 8, LED, botox and more.

Pregnancy	Active cold sores or herpes or shingles in or around the treatment area	Inflamed skin with open wounds in the treatment area.
Breastfeeding	Allergy to hydroquinone	Liver conditions
Aspirin Allergy	Immune disorders	Chemotherapy or radiation in the past 6-12 months.
Use of Isotretinoin	Phenol allergy	Consult medical professional about specific medications

List of Contraindications: *(This list is non-exhaustive and we will need to clear you for treatment with our medical director, if you are unsure about a specific condition, consult your doctor)*

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Pre Care

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So.. How do you prepare for a VI peel?

After establishing that you are a good candidate for a VI peel with your provider, it's time to prep for your peel.

- Avoid microneedling, microdermabrasion or other chemical peels for 2-4 weeks pre peel
- Avoid laser, tanning beds or sun exposure for 7 days pre peel
- Avoid waxing, threading, hair removal creams for 2 weeks pre peel
- Stop all retinol use, prescription acne med use or exfoliation at home for 3-5 days pre peel
- Avoid Accutane or oral tretinoin for 1 year prior VI peel
- Do not perform peel on irritated, sunburned, or broken skin or with active cold sores or warts
- Do not perform peel while pregnant and consult doctor while breastfeeding
- Do not perform peel while undergoing chemotherapy or radiation or for 1 year post treatment
- If you have any doubt about medical conditions or medications, consult your doctor and always tell your service provider

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***It is important to note that even when retinol and actives are introduced to help prep the skin, they still MUST be stopped a minimum of 3-5 days pre peel.**

In the **weeks and months leading** up to a peel or peel series, it is ideal to get the skin acclimated to a solid at home routine including **cleansing, exfoliation, retinol and vitamin C as well as SPF 50**. This will create a base and familiarize the skin to these ingredients as well as giving you a jump start on results. The VI Peel can still be performed on unprepped skin as long as the skin is **not broken or irritated**. During your consultation, ask your skin provider for details so **they can curate a routine specific to your goals**.

Post Care and App



<https://vi Peel.com/pages/app-landing-page>

Post Care Instructions:

Detailed day to day instructions are provided in your post care packet, given by your provider

- Peeling may vary from flaking to heavy peeling

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AESTHETICS

- You may experience slight irritation, itchiness or inflammation
- Dark spots may temporarily darken during peeling
- Acne purging may occur as impurities are brought up to the surface
- Avoid sun exposure for 7-10 days post peel
- Avoid rubbing, pulling, picking and peeling the skin. This can cause scarring and/or hyperpigmentation as well as irritation
- Avoid activities that cause excessive sweating for 3-5 days post peel (exercise, sauna, hot tub, steam)
- Avoid hot water when cleansing your face
- Stay hydrated by drinking lots of water
- Wash hands before and after product application

Your recommended VI protocol may vary from 1-3 peel applications done monthly for 3 months and/or quarterly and often more than one peel is required to reach optimal results. It is important to practice good home care, follow directions and reapply SPF throughout the day.