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VI Peel Pre & Post Care

Vitality Institute Chemical Resurfacing

Whether you are preparing for your upcoming VI Peel or recovering from one — this guide covers everything you need to know. Following these instructions carefully ensures the best possible results and minimizes the risk of complications.

At New Skin by Lynn we want the best possible outcome for your skin — following this protocol precisely is the single most important thing you can do to protect your results and ensure your skin heals beautifully.

PRE-TREATMENT PREPARATION

Please follow these guidelines **before your VI Peel appointment** to ensure your skin is optimally prepared and your treatment can proceed safely.

- **Retinoids** — discontinue retinols and retinoids at least **5-7 days** before your appointment.
- **Active exfoliants** — discontinue AHAs, BHAs, glycolics, salicylic acids, and lactic acids at least **3-5 days** before your appointment.
- **Hair removal** — avoid waxing, threading, or any hair removal on the treatment area for at least **2 weeks** before your appointment.
- **No recent sunburn** — do not book your VI Peel if your skin is sunburned — contact us to reschedule. Sunburned skin cannot be safely treated.
- **Clean skin** — arrive with clean skin and no makeup if possible. Lynn can provide cleanser at the time of your appointment if needed.
- **Recent treatments** — please inform Lynn of any recent laser treatments, skin procedures, or significant changes to your skincare routine since your last visit.
- **Cold sore history** — if you have a history of cold sores or herpes simplex please let Lynn know before your appointment — a peel may provoke an outbreak and a preventative oral medication can be prescribed at the time of your appointment.
- **Stay hydrated** — drink plenty of water in the days leading up to your appointment — well-hydrated skin responds more evenly to the peel solution.

UNDERSTANDING YOUR PEEL RESULTS

About peeling — what is normal?

Every client's skin responds differently to a VI Peel. The amount of peeling you experience is **not** an indicator of the peel's effectiveness. Peeling ranges from light flaking to sheet peeling — both are completely normal. Minimal or no visible peeling is actually a sign of a healthy, well-hydrated skin barrier — not a sign that the peel did not work. Clients who receive regular VI Peel treatments may see progressively less visible peeling over time as the skin maintains a healthier cell turnover rate — this is a positive sign, not a concern.

The acid simultaneously signals your fibroblasts to create fresh collagen and elastin — delivering anti-aging and smoothing benefits at the cellular level regardless of how much visible peeling occurs. When the skin sheds discreetly the result is actually more even and uniform than when heavy sheet peeling occurs.

How does the peel address hyperpigmentation without visible peeling?

A common misconception is that peels work like scraping off a layer of old paint to reveal lighter skin underneath. In reality, hyperpigmentation is not a solid sheet sitting on top of the skin — it is individual microscopic packets of pigment living inside your skin cells.

The VI Peel works by placing your skin cells on a rapid cellular conveyor belt — forcing pigmented cells to move to the surface and detach one single cell at a time. Because this happens at a microscopic level you will not see chunks of pigment or skin falling off — but the fading mechanism is 100% active. The peel is breaking up those pigment clusters deep down and dispersing them gradually and evenly for a naturally brighter result.

The most important rule: Let nature take its course. Do NOT pick, pull, or peel the skin manually. Picking interferes with the natural healing process, can cause delayed healing, and may worsen hyperpigmentation — resulting in both darkening and lightening of the skin.

POST-TREATMENT CARE

First 4 Hours After Treatment

- **Protocol** — follow **only** the post-treatment protocol outlined by Lynn before leaving the practice.
- **Apply no additional products** of any kind — including sunscreen, moisturizer, or water — unless specifically included in Lynn's protocol.
- **Avoid exercise** and any activity that raises your body temperature.
- **Avoid sun exposure** — completely during the first 4 hours.

Days 1-2 — Post-Peel Protocol

Follow the specific post-peel protocol using the products provided to you at the end of your treatment session. The Day 1 and Day 2 instructions included with your take-home products are an essential part of the VI Peel process — please follow them precisely.

Days 3-7 — Active Peeling Phase

Do NOT pick, scratch, pull, or manually remove peeling skin — premature removal can cause scarring and worsen pigmentation irregularities.

- **Cleanse gently** — using your fingertips only — no washcloth, scrubbing brush, or cleansing device. Follow Lynn's timing instructions for when to first wash post-treatment. If you use a towel to dry, **blot gently — never rub**. Rubbing with a washcloth during the peeling phase will pull skin away prematurely and directly interfere with the healing process.
- **Moisturize** — frequently — 3 to 4 times daily in a thin layer. Thick layers can lead to breakouts. Use only a gentle non-occlusive fragrance-free moisturizer unless otherwise directed by Lynn.

- **Avoid exfoliants**, retinols, Vitamin C, AHAs, BHAs, glycolics, salicylic acids, and harsh active ingredients until peeling is fully complete.
- **No waxing, threading**, or hair removal on treated areas during the healing phase.
- **No facials, massage**, or other skin treatments during the healing phase.
- **Avoid exercise** and any activity that elevates body temperature for **72-96 hours** following treatment — sweating can irritate the skin and compromise results.
- **Sun protection** — avoid direct sun exposure and wear SPF 30+ daily. New skin revealed by the peel is particularly vulnerable to UV damage.

HEALING TIMELINE

Day / Period	What to Expect
Day 1-2	Skin may feel tight, look bronzed or turn slightly darker
Day 3-4	Peeling begins — light flaking to sheet peeling depending on your skin
Day 5-7	Peeling resolves — fresh new skin revealed
Week 2+	Continued improvement in tone, texture, and radiance

WHEN TO CONTACT US

Contact New Skin by Lynn promptly if you experience any of the following:

- Excessive swelling or a sudden increase in pain, heat, or redness
- Blistering, open skin, crusting, or active bleeding
- Signs of infection — increased warmth, discharge, or fever
- Cold sore or acne breakout in the treated area
- Unexpected pigmentation changes
- Severe or persistent discomfort
- Any symptoms that concern you

Phone or Text: 650-484-4404

If Lynn has given you instructions that differ from this general guide — always follow Lynn's personalized instructions.

All treatments at New Skin by Lynn — San Mateo's boutique medical aesthetics practice — are performed under physician medical direction as required by California law.

At New Skin by Lynn we believe that optimal results come from the partnership between clinical expertise and client commitment to aftercare.