after care



ASTER AESTHETICS

VI Peel *post-care*

WHAT TO EXPECT

You go home with the peel still on your skin and **wash it off 4 hours after we applied it.** Expect redness, warmth, and tightness; your skin may look darker or tan and feel stiff for the first 1-2 days. Shedding, **if it comes,** usually starts around **day 3** and runs several days. Mild swelling is possible, particularly around the eyes. This is the peel with real, visible downtime — plan for it.

YOUR FIRST NIGHT The 4-Hour Mark

- **Do not wash, touch, or apply anything (no makeup, no sunscreen) for the full 4 hours.** The peel is still working the entire time it is on.
- **At 4 hours, rinse with cool water and your hands only.** No cleanser, no washcloth, no scrubbing. Pat dry.
- **Then follow your take-home kit exactly,** in the order and at the times printed on it. Your first towelette goes on completely dry skin, at least an hour before bed; the second the following evening.
- The towelettes are timed for a reason. Skipping them tends to delay or reduce shedding, not improve your result.

WHILE YOU ARE PEELING Days 3 to 7

- **Moisturize more often as any peeling increases.** Comfortable skin sheds more evenly than tight skin.
- **Do not pick or pull loose or hanging skin,** however tempting. Picking is the leading cause of dark spots and scarring after a VI Peel.
- **Trim larger hanging pieces with clean facial scissors instead** — pulling them tears skin that is not ready to let go.
- **Makeup is fine once you have done the 4-hour wash and your post-care.** Remove it gently at night — never scrub it off.
- Avoid heavy exercise, saunas, hot yoga, and heavy sweating — heat and sweat both increase irritation.
- **No facial treatments, including waxing, for at least two weeks.**

PROTECT THE RESULT Every Day

- Wear broad-spectrum mineral SPF 50+ every morning and reapply through the day. **Strictly avoid direct sun while peeling and for several weeks afterward.**
- Hold retinoids, exfoliating acids, and vitamin C until your skin is fully settled and we clear you.

YOUR RESULT Give It a Few Weeks

- **How much you peel does not measure how well it worked.** Shedding depends on your skin thickness, turnover rate, how recently you exfoliated, your hydration, and the strength we chose — none of which reflect your result. The work happens at the cellular level whether or not you see it.
- The clearer, more even skin keeps improving for several weeks as turnover finishes — long after the surface has calmed.
- Keep hydration up while you heal — water, a nutritious diet, and steady moisturizer.
- **This peel is meant to be done as a series, or on the maintenance rhythm we recommend for you.** A course spaced a few weeks apart does far more than any single visit — one peel starts the work, the series is what changes the skin.

REACH OUT WITH ANY CONCERN

Healing skin can look alarming before it looks good. Reach out with any concerns.

- Increasing pain, redness, warmth, swelling, or burning after the first couple of days. Yellow crusting, discharge, drainage, or fever. Grouped blisters or painful sores — that can be a cold sore flare, and we treat it quickly. Skin that blisters, weeps, or opens, or any colour change that concerns you.

after *care*



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