

## **VI Peel: Setting Realistic Expectations for Your Patients**

Setting realistic patient expectations for any aesthetic treatment is always important. Explaining the VI Peel to your patient, and what they should expect, is an important step during the consultation process. Some patients have unrealistic expectations about aesthetic treatments, so education is crucial.

For chemical peels, the biggest misconception that practitioners may face is that their patients think they will have heavy peeling or peel in sheets. What you can expect is that there will be exfoliation with the VI Peel, but it may be at the cellular level, which is not visible to the naked eye.

### **The degree of peeling is affected by many factors:**

**Skin preparation:** Skin must be thoroughly cleansed and fully degreased with 100% pure acetone. This step is very important. It strips the skin of all oils and debris, allowing for the optimal penetration of the VI Peel.

**Application Method:** VI Peels must be applied with the gauze provided in the peel kit. It is loosely woven material which makes it abrasive. The peel solution must be applied vigorously to drive the peel solution to the papillary dermis.

**Products used at home:** Does the patient use retinol products or do they exfoliate on a regular basis? When was their last VI Peel or laser treatment? If a patient is having a series of VI Peels, the amount of peeling may vary between each VI Peel treatment.

**Reasons why a patient may not peel heavily:** Just because a patient didn't peel in sheets, doesn't mean the peel wasn't effective. Sometimes a patient might be so well exfoliated that their skin does not need to peel heavily, but the peel is still efficacious.

If a patient with very oily skin is not degreased properly, the peel may not penetrate to the papillary dermis, which is needed for an optimal outcome.

### **Questions to Consider:**

**Application technique:** Did you cleanse the patient's skin? Did you completely degrease the skin with 100% pure acetone? Did you use the gauze provided? Did you vigorously rub in the peel solution with multiple passes, and not use all the peel solution on the first pass? Did you use the full VI Peel vial? Did you apply anything on top of their skin before they left the office?

**Patient home care:** Make sure the patient didn't apply anything to their skin after they left the office. This includes VI Derm SPF 50+ or any other SPF product. Did the patient leave the peel solution on for 4 hours? Did they follow the towelette protocol on day 1 and day 2? Did they exercise or raise their body temperature during the first 72 hours?

All of the above factors can affect the way a patient will peel. Remember, peeling will vary from light flaking to sheet peeling.

Educating your patients and managing their expectations are keys to a successful VI Peel treatment outcome.