Vivier Glow Peel - Preparation, Aftercare & Safety Guide

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Please read this guide before your Vivier peel visit and keep it for aftercare. Your clinician will confirm the exact peel product and your individual preparation and recovery plan. Signing acknowledges the information; it does not replace assessment or treatment consent.

Before your visit

Complete your forms and list medicines, allergies, active skincare and recent procedures. Report pregnancy, breastfeeding, oral acne treatment, sunburn, irritation, cold sores, infection or wounds. Your clinician will confirm whether a peel and the exact product are suitable.

Vivier's general patient guidance advises pausing irritating non-prescription exfoliants, retinol, acids and benzoyl peroxide for 3-5 days before a professional peel and avoiding other facial hair-removal procedures. Confirm your individual plan with the clinic. Do not stop a prescribed medicine or prescribed retinoid without your prescriber's advice.

Discuss waxing, electrolysis, laser hair removal and other facial procedures so your clinician can set appropriate intervals. Do not combine treatments or use an at-home peel unless specifically advised.

After your peel

Use the gentle cleanser, moisturizer and broad-spectrum SPF 30+ advised. Protect skin from sun; do not pick, pull peeling skin or scrub. Redness, dryness or light peeling can occur; the amount of peeling does not measure effectiveness.

Your clinician will specify when to restart active products, makeup, exercise and other procedures for the exact peel used. Do not apply another peel or a new irritating product during recovery. Follow the written plan and any product-specific instructions; do not assume that a fixed day makes every peel safe to repeat.

When to get help

Call APEX at 902-456-5488 promptly for worsening pain, blistering, persistent marked redness, spreading redness, discharge, fever or an unexpected reaction. Seek urgent medical care for eye injury or a severe burn. Call 911 for breathing difficulty or a severe allergic reaction.

Our phone has no guaranteed after-hours monitoring. If we cannot be reached, seek appropriate medical care; do not wait for a portal message or email reply.

Your next visit

APEX may send a skincare review invitation three months after a completed peel. This is a review reminder and is not a prescribed interval between peel sessions. Your clinician may recommend an earlier review or a specific peel series. Follow your individual plan or an existing booking when these differ. Do not wait for a reminder to report a reaction.

Acknowledgement

I have read this preparation, aftercare and safety guide, understand when to seek help, and can ask the clinic about instructions I do not understand. I will follow the written plan for the treatment actually performed. This acknowledgement does not give consent to a procedure.

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