

# Vi Peel™ - The Next Generation for Skin Rejuvenation

By Don J. Fontana, MD

If the skin tolerated the damaging effects of sun, tobacco and the aging process, the practice of plastic surgery skin care would be significantly different. The reality remains that sun, tobacco use, genetics and the natural aging process all adversely influence the textural quality of the skin, not only of the face, but the entire body.

Plastic surgeons have addressed these skin changes for years using various modalities to improve the textural quality of the skin of the face, chest and hands. Recently, a new technique has evolved reducing the risks and improving the results. Older methods of dermabrasion, carbon dioxide and erbium laser resurfacing, and fractionated laser treatment all possess specific drawbacks. Dermabrasion and laser resurfacing all require an extended healing period during which the treated area is red and conspicuous. Fractional laser resurfacing requires multiple treatments, as many as 4-6, each of which is unnecessarily expensive. In addition, the results are inconsistent.

The ideal treatment method for fine wrinkling, light skin pigmentation and textural skin color irregularities would include a quick and painless procedure

with very little or no down time. In today's culture, the length of a patient's downtime is crucial in the decision making process. Few patients can take as little as two and as much as six weeks off from work to allow the redness of a skin resurfacing procedure to subside.

The Vi Peel™ is one of the newest techniques used to improve the tone, texture and clarity of the skin. The peeling solution is a blend of agents, some of which are penetrating and others which are extremely mild and soothing. The Vi Peel™ can reduce or eliminate age spots, some freckles and hyper-pigmentation including melasma. It softens fine lines and wrinkles and is thought to stimulate collagen and elastin for firmer skin. It has been shown to be effective in treating sun-damaged skin of the face, hands and chest areas. Treatment takes approximately 20 minutes and in most cases is virtually painless. Some sensitive patients may experience a slight stinging sensation, which is relieved by using a fan during application. Four hours after the peel, the patient may wash the treated area and then is instructed to rub a solution of a towelette on the peeled area. The patient receives a packet of post peel instructions with the necessary creams and moisturizers. This solution is used again on the



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second day following the Vi Peel™ along with moisturizing cream and a very mild hydrocortisone cream. Exposure to the sun or ultraviolet light must be avoided. On the third day, the patient will experience very light peeling from around the mouth and eventually in the other facial regions. Moisturizers and sun block must be used throughout this time period. Make up can be worn during the peeling process if desired. Healing occurs in about a week with either minimal or no down time. You will exhibit a healthier, glowing appearance when the process is complete. Consider making an appointment to experience this new improved technique of facial, chest and hand skin rejuvenation.