



Post Operative Instructions for Chemical Peels

The chemical face peel is a resurfacing procedure designed to rejuvenate the face and or neck skin. The face peel is a safe and effective procedure but the patient compliance and ability to follow directions are paramount for the success. Failure to obey your doctor's orders can lead to serious complications such as herpes or bacterial infection or permanent scarring.

The day of your face peel, you will present to the office without any makeup. We will degrease your face before the peel and place the peeling solution on your face while you are asleep. When you awake, your face will feel sunburned but you will not be in extreme pain. We will coat your face with Vaseline and you will continue to apply this until you see the doctor again.

Most patients do not experience significant pain after a face peel. If your face hurts, the best treatment is to apply cold compresses to the treated areas of the face. We recommend that you take a salad bowl and wash it well. Fill it with water and ice cubes and soak several wash cloths (or gauze) in the bowl and keep the bowl in the refrigerator. Apply the cold cloth to the face and this will ease the discomfort and assist the swelling. When the cloth becomes warm, replace it with a new cold cloth. You can do this as often as you wish, but doing this will wash off the **Vaseline**, so remember to place a good coat over the treated areas when needed. Remember, you can use as many cold soaks and as much healing cream as you wish.

You can shower the next day and you can wash your face very gently with fingers only. A mild cleanser such **Cetaphil Gentle Cleanser** can be purchased at most local pharmacies.



Iced water soaked gauze or wash cloths will ease the discomfort and decrease swelling after eyelid surgery or laser resurfacing.

Keep a light coat of Vaseline on your face and by the fifth day, your skin will become brown and leathery and will begin to peel. The peeling stage usually lasts 1-2 days and the newly formed skin will be pink in color and return to normal color over the next several days or weeks. **IT IS IMPERATIVE THAT YOU DO NOT PICK AT THE PEELING SKIN. IT IS VERY TEMPTING TO TRY TO PEEL OFF THE SKIN, BUT THIS CAN CAUSE PERMANENT SCARRING. LET THE SKIN FALL OFF BY ITSELF!**



Peeling skin 6 days after chemical peel

When your skin finishes peeling (usually by day 5-6) you should use a gentle, hypoallergenic moisturizer such as Elta Light or **Cetaphil Moisturizer**. Keeping your new skin moisturized will speed your recovery. These moisturizers can be purchased at most local pharmacies. After your skin peels, you may wash it gently with your fingers only (no washcloths yet) twice a day with Cetaphil cleanser or other hypoallergenic cleansers that can be purchased at local pharmacies.

Infection following a face peel is rare; however, you should immediately report any ulcers, eruptions or skin infections to your doctor. Extreme pain after 48 hours is abnormal and may signal an infection. If unsure, call your doctor.

You may begin to wear make up when the primary skin healing occurs which is generally by the eighth day. Do not put makeup over scabbing or weeping skin areas.

It is also very important to avoid sunlight or sun exposure for the first month after peel. Failure to do so can cause hyperpigmentation and will reduce the effects of your peel. In addition, sunlight will prompt a quicker return of brown spots. After the tenth day, you should be wearing daily sunscreen (you should be anyhow!). In addition our office can provide you with medically based skin care products that will protect the longevity of your facial improvement.

Your chemical skin resurfacing is a safe and predictable procedure, but is reliant on multiple medications to prevent viral and bacterial infections, reduce swelling, control discomfort and assist in sleeping. You will be given prescriptions for some of the following medications. The prescriptions that you have been given should be taken as per the schedule below. Depending on your procedure, you may not have been given all of the following prescriptions. It is imperative that you understand the prescription regimen and take the medicines as directed by Dr. Niamtu.

Keflex (antibiotic medication) – this medication will protect your healing skin from bacterial infection. You should not take this medication if you are allergic to penicillin. In the case of allergy, we will prescribe you a different antibiotic. The Keflex should be taken every 6 hours around the clock until gone. We prefer that you begin this medication 24 hours before your laser surgery.

Discomfort Medication – you will receive a prescription for discomfort. You only need to take this medication if you have discomfort. If you wish, you may take Tylenol or Advil instead. If you have had other procedures such as eyelid surgery, facelift or brow lift with your laser, then do not take aspirin, Advil or any medication that increases bleeding. Tylenol is safe.

Sleeping Medication – If you are having trouble with restful sleep, our office will provide a sleeping medication.

Sunscreen – Keeping sun off the face is very important (especially in the south) and important for proper healing. All patients should avoid direct sunlight for 4-6 weeks after surgery. Using sunscreen and sunglasses, and a wide brimmed hat are necessary. It is also important to protect your healing skin from

sunlight that comes through car or office windows. Using a high quality sun screen with at least SPF 30 is recommended. This should be applied several times per day during the healing period.

Medication	Usage	Necessary	Dose	Stop When
Valtrex	Anti-herpes	Yes	1 tab twice per day	Pills are gone
Keflex	Antibiotic	Yes	1 every 6 hours	Pills are gone
Lortab	Discomfort	If needed	1tab every four to six hours if needed	Discomfort stops
Diazepam	Sleeping aid	If needed	1.5 hours before bed if needed	When sleeping normally

Overview

- Day 1 and 2 Ice packs and Vaseline
- Day 2-7 Vaseline and gentle washing
- Day 7 and future hypoallergenic moisturizer such as Cetaphil that can be purchased from most local pharmacies.

If you have any problems or questions Dr. Niamtu is available at 804-347-3504