



POST-OPERATIVE INSTRUCTIONS FOLLOWING A CHEMICAL PEEL

Patient Name _____

Date _____

Surgery Date _____

For you to have the best possible results after your procedure, it's important to follow these instructions

Use this as a checklist of progress as you heal. Included are normal post-procedural experiences and key health considerations that may be a cause of concern.

TYPICAL POST-RESURFACING SYMPTOMS

Typical symptoms of a chemical peel and signs to watch for following a chemical peel include the following:

Red, raw, tight skin in the treated area: Seeping of pink or yellow fluid from the resurfacing wounds. A numb or tingling feeling in the treated area: These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort. **Consistent sharp pain should be reported to our office immediately.**

CALL THE OFFICE IMMEDIATELY AT 973-822-3000 IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Excessive bleeding or fluid seeping through your wounds, pustules or a cold sore.
- A severe cloudy drainage seeping from underneath any dressings.
- The development of pustules in the area of treatment.

To alleviate your discomfort, reduce swelling and decrease the risk of infection, every 4 hours when awake apply a vinegar soak to exposed resurfaced skin. Soak gauze square or a soft white washcloth with one teaspoon of vinegar and one pint (2 cups) of cool water. Apply ointment following this soaking. Oral antihistamines such as Benadryl may also help with the itching.

DAY OF RESURFACING INSTRUCTIONS

You will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you around the clock in the first 24 hours following surgery.

EXPOSED SKIN CARE

- **You must keep your skin clean and moist.** Apply a very thin layer of Aquaford ointment every few hours while you are awake. Do not loosen or dislodge any crusting that forms.
- Cleanse eyelashes with a moistened Q-tip if necessary.
- Spray with the Thermal Spring Water provided to you as needed for comfort. Keep refrigerated.
- **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.
- **Recline, do not lie down.** This will be more comfortable for you, and can reduce swelling. Always keep your head elevated. Do not bend forward or over. Sleep with head elevated on a few pillows or on a wedge to help prevent swelling.
- **Good nutrition:** Drink plenty of water. Start with a bland diet today and advance as tolerated. Stick to non-carbonated, non-alcoholic, caffeine-free and green tea-free beverages including fruit juices and water, milk and yogurt drinks.

Take all medication, exactly as prescribed.

- Percocet 5/325 mg 1-2 every 4 hours as needed for pain with food
- Vicodin 5/300 mg 1-2 every 4 hours as needed for pain with food
- Other: Valtrex 500 mg 1 daily for 8 days starting the day before the procedure
- Other: _____

- **Do not smoke.** Smoking will impair your ability to heal following your procedure. You must not smoke.
- **Relax.** Do not engage in any stressful activities. Take care of no one, and let others tend to you.

ONE to SEVEN DAYS FOLLOWING RESURFACING

During this time you will progress as each day passes. Ease into your daily activities

EXPOSED SKIN CARE

- **You may cleanse the treated area the morning following your procedure.** Use the Aveeno cleansing bar provided to you. This will gently remove the crust that forms as the skin weeps. **DO NOT** pick crusts or abrade aggressively with a washcloth or sponge.
- Stand in the shower and let warm water run over the treated area for 20 minutes. When you have finished showering, cleanse your face with a gentle soap using your fingertips, a cotton-swab or gauze square. Gently blot the skin to remove any crusting so you see only pink skin.
- **Do not rub so that the skin bleeds.**
- **Apply a thin layer of Aquafor ointment after washing and periodically during the day.** Your goal is to keep skin pink and moist.
- **Repeat the cleansing process 3 to 5 times during the day for the first three days.** As the skin begins to weep, and crust less, you may lessen the amount of cleansing. But always keep skin clean, and moistened with ointment.
- **Itching is a common complaint during this s time. Every 4 hours when awake apply a vinegar soak to exposed resurfaced skin.** Soak a gauze square or soft white washcloth with one teaspoon of vinegar to a pint of cool water. Apply ointment following this soaking. Oral antihistamines such as Benadryl may also help with the itching.

Your post-operative visit is scheduled for: _____

- **Take antibiotic, antiviral medications, and supplements as directed.** Take pain medication only as needed. You may wish to switch from prescription pain medication to acetaminophen (Tylenol).
- **Continue to stay out of direct sunlight or any artificial ultra-violet light.** If you must go outdoors, a wide brimmed hat is essential.
- **Continue to keep you head elevated, including when sleeping.**
- **Do not resume any exercise other than regular walking.**
- **Maintain a healthy diet. Do not smoke. Do not consume alcohol.**

ONE to THREE WEEKS FOLLOWING RESURFACING

As you resume your normal daily activities, you must continue proper care and healing.

- **Continue your skin care as directed.** Your goal is to keep skin clean, moisturized and protected from sunlight and the elements. This may also include special creams to avoid pigmentation irregularities. Regardless of your skin care regimen, you must avoid the sun and wear a minimum SPF 30 every day. Avoid commercial moisturizers for 6 weeks.
- **You may apply protective cosmetics and sun block when all of the crusting has fully resolved.**
- **Refrain from direct sun exposure.** If you must be outdoors for any length of time, apply at least an SPF 30 at least 30 minutes prior to sun exposure. Resurfaced skin is highly susceptible to sunburn or the formation of irregular, darkened pigmentation. This may cause irreversible damage.
- **Do not smoke.** While resurfaced skin may have initially healed, smoking deprives your body of necessary oxygen that can result in poorly healed skin and the formation of irregular scarring.

- **Refrain from any strenuous exercise and from bending or lifting.**
- **You may begin to sleep in a modified reclining position.** However do not sleep lying flat or on your stomach. Refrain from sleeping on your side. Your pillow should not touch any areas treated with resurfacing.

Follow-up as directed. Your second post-operative visit is scheduled for: _____

FOUR WEEKS FOLLOWING RESURFACING

Healing will progress; redness and swelling continue to diminish.

- **Follow any skin care instructions you are given.** This may include special creams to avoid pigmentation irregularities. Regardless of your skin care regimen, you must avoid the sun and wear a minimum SPF 30 every day. Avoid commercial moisturizers for 6 weeks.
- **You may ease into your regular fitness routine.** However protect your skin from sunlight when outdoors.
- **Redness, swelling and any tingling sensations will continue to resolve.** However, it may take many weeks for your skin to return to a more normal skin tone.
- **No need to resume smoking.** You have now gone 10 weeks (4 weeks prior to surgery and 6 weeks following) without a cigarette. For your long-term health, there is no need to resume smoking.

YOUR FIRST YEAR

- **Continue good skincare and sun protection, healthy nutrition and fitness.** Sun protection is essential for the first year to prevent developing irregular pigmentation or injuring your skin. You must wear an SPF 30 daily, even if the weather is overcast.
- **Schedule any additional procedures to enhance your chemical peel, as recommended. Botulinum injections, facial fillers or specific skin care treatments may be recommended to compliment and maintain your overall results.**
- **Your skin will continue to refine.** If you develop any areas of skin that become raised, thickened or discolored, contact our office.
- **A 3, 6 and 12 month post procedure follow-up is recommended.** However you may call our office at any time with your concerns or for needed follow-up.

Your appearance will change with age. Your skin and facial appearance may change too. You may wish to undergo additional surgery at a later date to help maintain your appearance throughout life. Contact our office with any of your questions or concerns, at any time.

I have read and understand all of the above instructions. I understand that following these instructions is solely my responsibility. I understand that it is also my responsibility to ask my doctor and his or her staff any questions I have related to these instructions or about my procedure, health and healing.

Patient Signature/Responsible Party

Date/Time

Printed Name/Relationship

Signature of Practice Representative and Witness