

## **Chemical Peel Postoperative Instructions**

### **DURING THE FIRST TWO DAYS:**

You can expect swelling (occasionally this can be severe depending on the area treated).

Pain generally lasts from 4 to 6 hours; it can usually be relieved by taking one or two of the pain tablets every 3 to 4 hours and by the application of an ice bag during this time. (An excellent ice bag can be made by putting crushed ice in a small plastic zip-lock bag)

Keep your lips still and avoiding grimacing so as not to move the peeled area excessively.

Approximately 24 hours following the peel, gently wash the peeled area with tap water and apply the softening cream. This should be repeated 5 or 6 times a day. Use your hands or a cotton ball, not a wash cloth.

Never pick at crusts or pieces of skin that do not loosen easily. Apply the softening creams and they will come off easily in time.

### **AFTER THE THIRD DAY:**

Within 24-36 hours the peeled area will resemble a deep sunburn. You should also expect some serum to exude from the skin.

You will now have new, delicate skin that must toughen over the next few days.

### **AFTER THE FIRST WEEK:**

You should be able to use makeup over the area. This will be discussed during your office visit.

The bright pink color will fade quickly, but a pink coloration will remain for 6 to 8 weeks. The skin will remain somewhat tense and smooth with finer wrinkles and the deep grooves much less evident.

Occasionally, small "whiteheads" may appear in the treated area; these usually disappear in 2 or 3 weeks without any treatment. If you are prone to cold sores or fever blisters you may have an outbreak of these lesions. If this occurs, call the office and we will prescribe medication for it.

Make every effort to avoid direct sun for at least 6 to 8 weeks. This will help prevent blotching of the peeled area caused by exposing the new skin too early. Sunbathing, fishing, tennis, golfing, or similar activities should be avoided during this 6 to 8 week

period.

The peeled areas should be protected for 3 to 6 months. Wear a large-brimmed hat or use sunscreen if you will be exposed for long periods.

Do not hesitate to telephone us at any time if any questions arise or anything develops that you are uncertain about.

We want to see you on \_\_\_\_\_; please make every attempt to keep this appointment. It is extremely important that we monitor your healing.