



Looking good & feeling great!

Post-Operative in for Chemical Peels:

PREVENTION OF INFECTION

Please use Bactroban 3-4 times daily until scabs fall off.

PAIN

There is mild pain. You may take Tylenol with Codeine or ASA.

SWELLING

There is quite a bit of swelling. Depending on the individual reaction, the swelling can be quite severe. Frequently both eyelids swell. Ice packs may help the swelling to dissipate. Swelling lasts at least 2-4 days.

CLEANSING

The face should be cleaned with Cetaphil 3-4 times per day and rinsed with cool water. After cleaning apply an ointment such as Bactroban or Polysporin. The face must be greased up at all times to facilitate healing. Follow up appointments are necessary 1 week after having a chemical peel.

PIGMENTARY PROBLEM

If the chemical peel is used to correct a pigmentary problem. Once the superficial wounding heals, 4-7 days, then hydroquinone and Vitamin A Acid cream is to be resumed twice daily. Do this for at least 2-4 months after a peel.

SUNLIGHT

Avoidance of sunlight should be of paramount importance in the first 2 months after a chemical peel. Wear a sunscreen with a minimum SPF of 25. (Marcelle SPF 25 for sensitive skin, Nutragena SPF 30 for sensitive skin, Vichy SPF 60 or Clinique Super City Block SPF 25), are recommended). Wear a wide brimmed hat in summer and remember in winter there is a large amount of light reflected from snow. Light through tinted windows is still sunlight and although it is less intense than direct sunlight it can still cause unevenness in pigmentation. Please do not travel for 4 days after the chemical peel. If there are any complications this office would like to be informed.