



*Looking good & feeling great!*

## **Pre-Operative info for Chemical Peels:**

Skin should be prepared to take the chemical peels. This greatly enhances the results. 4-6 weeks prior to the procedure, patients should start on Retinoic acid i.e. Vitamin A acid cream which should be applied to the skin once daily increasing to twice daily as tolerance builds. Sometimes Dr. Liao just likes a glycolic acid preparation (see below).

Patients with dark skins i.e. olive skin or orientals should be started on a cream with hydroxyquinone. This prevents darkening of the skin and helps to get rid of more of the unevenness in pigmentation. The darker pigmented population are more prone to post inflammatory hyperpigmentation. This is temporary and lasts for 2-6 weeks.

This office likes patients to use a lotion containing glycolic acid as well (i.e. Neostrata Lotion or Reversa) as it also enhances the effects of the peel. This could be done alternately with a Retinoic acid and hydroxyquinone mixture.

Patients with a history of cold sores on the face should start on Zovirax pills 1 day before the peel and for 5 days following the peel. This prevents the herpes simplex from flaring. Deep herpes can cause permanent scarring.

Patients should have a good meal at least 2 hours prior to their appointment.

If the patient is very nervous we may predate with Valium, however if Valium is administered the patient will not be able to drive home as Valium effects last at least 6-8 hours.

Contact lenses and make up should not be worn to the office on the day of the chemical peel.

Chemical peels may be used in conjunction with Laser rejuvenation as there are added benefits on skin tightening.