



chemical peel

post-operative instructions

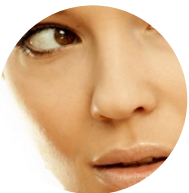


- Take your medication as prescribed. Do not take aspirin or any products containing aspirin.
- Avoid alcohol consumption for 1 week as it causes fluid retention.
- Do not smoke, as smoking delays healing and increases the risk of complications.



activities

- Do not drive until you are no longer taking any pain medications.
- More strenuous activities should be avoided for 2-3 weeks.
- May return to work in 7-10 days.



treated area care

- You may shower 48 hours after the chemical peel. Avoid putting soap or shampoo on the face. Avoid hot water until it is completely healed
- Keep treated areas clean and clear and inspect daily for signs of infection.
- Wash your face with a mixture of 1 teaspoon of vinegar in 1 cup of water at least 3 times daily.
- Apply a thin layer of Vaseline or prescribed ointment to the treated areas after each washing. Try to keep your skin moist at all times.
- Ice packs can help control swelling.
- 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 soak cloth.
- You can do this as much as you wish.

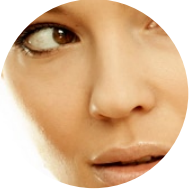




- But doing this will wash off the Vaseline.
- So remember to place a good coat over the treated areas when needed.
- Remember, you can use as many cold soaks and as much healing cream as you wish.
- It is imperative that you do not pick at the peeling skin. It is very tempting to try to peel off the skin, but this can cause permanent scarring. Let the skin fall off by itself.
- Do not apply makeup until approved by your surgeon.
- Avoid direct exposure of your face to the sun for at least 1 month.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Protect the treated area from the sun until all colour has returned to normal. Shade face with hat whenever you go out into the sun.
- If peeling was done around the eyes, wear good quality sunglasses with UVA and UVB 100% filters.

what to expect

- The day of surgery your skin will appear to be deep pink to red, as with a sunburn. This will increase in severity on the second day.
- Swelling is expected if the peel is deep and may be more pronounced in the lips and around the eyes. You will experience a stinging sensation immediately after the procedure.
- This may advance to a burning discomfort later in the day and evening but will improve over the next few days. Your skin will heal over the next few days, leaving the treated areas with a pink coloration.
- Your skin will feel tight and smooth. Continue to use the recommended moisturizing agent to the skin surface.
- You will experience increased sensitivity to makeup and acute sun sensitivity.
- Return of pigmentation and light sun exposure in 3-6 months.



appearance

- Pinkness or redness of skin may remain for a few weeks.
- Usually, your skin will be free of crusts in about 7- 10 days postoperatively.
- Final results of the peel may take several weeks to appear.

follow-up care

- You will be seen in the clinic every few days until you are healed.

when to call

- If you have increased swelling.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 38 degrees Celsius.
- Infection following 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 infection.