

PRE/POST CHEMICAL PEEL INSTRUCTIONS

INSTRUCTIONS BEFORE CHEMICAL PEEL PROCEDURE

- ❑ No make-up, lipstick, or jewelry (especially necklaces or earrings) should be worn on the day of the procedure.
- ❑ If you have a history of cold sore, please inform the practitioner before the procedure.
- ❑ Take Tylenol (acetaminophen) ½ hour prior to the procedure. No other pain medication will be given.
- ❑ You may drive yourself home after the procedure.

How Procedure is done:

Your skin will be prepared with a variety of cleansers and astringents by the practitioner. Following that, a chemical will be applied to your face (or other body part as indicated). You will experience a moderate burning sensation for 1-15 minutes until the acid is neutralized with water. The skin will be “frosted” or appear slightly white for up to 2 hours following the procedure. This burning is brief that most patients choose not to use any sedation or anesthesia.

INSTRUCTIONS FOR CARE AFTER FACIAL PEELS

DIET

To avoid premature cracking due to tightness, cut food into small pieces and avoid foods that require a lot of

WOUND CARE

- a. Use a mild to wash your face gently for 20 to 30 seconds twice a day.
- b. Lather the cleanser on your hands and gently pat the cleanser on your face, rather than rub.
- c. Then splash lukewarm water onto your face to rinse off the cleanser.
- d. Dry your face by gently patting it with a clean towel.
- e. Apply moisturiser (often more soothing if it is kept in the fridge) as often as necessary to keep your skin from getting dry and cracked.
- f. Do not let your skin dry out, it will pull on the new tissue underneath and may cause red irritated areas. You can apply your moisturiser five times a day if you want!!! This will reduce the tightness and will make you more comfortable.
- g. Don't worry if all of the ointment doesn't come off when you wash your face, it won't harm you to leave some on your face. But do not apply layer upon layer without washing twice daily.
- h. If large pieces of skin are hanging from your face, they may be cut off carefully with a pair of blunt ended scissors. **DO NOT PULL THE SKIN OFF.**

WHAT TO EXPECT

- a. Some mild itching and burning is normal at this time. This usually lasts 7-10 days.
- b. You may also develop an occasional whitehead due to all the ointment on your skin - this is normal, do not be alarmed. You will be able to apply lighter creams and make-up after 2 weeks.
- c. Tightness of the face - minimise facial expressions during your peel, excessive facial movements will cause it to crack prematurely. This is not a good time to see a funny movie, see your dentist or eat a hamburger.
- b. If you are experiencing a lot of itching - Be sure you use plenty of moisturising cream as many times a day as you like. Sometimes at first, you need to apply the cream every 2 hours. (Refrigerating your lotion will make it feel more soothing).
- c. During your peel think of your dark old skin (which is peeling off) as a bandage which protects the fresh new skin underneath. The longer you can keep this natural bandage in place, the better the result your peel will have.

SWELLING

- a. You may have some swelling during the first 2 to 3 days of your peel, particularly if it is a deeper peel. In extreme cases, your eyes may swell almost closed during the first few mornings. This is a normal response and it will resolve on its own.
- b. However, sleeping with an extra pillow to elevate your head will help to decrease your swelling.

REDNESS

- a. Your skin heals by initially being inflamed - i.e. pinkish - red.
- b. This will fade in 3 - 6 weeks. c. Your doctor will prescribe a steroid cream if the redness is persistent.

WHAT NOT TO DO

Do not pick or rub your skin at all.

SHOWERING

- a. If you must wash your hair, wash it with your head tilted backward in the shower. Do not wet your face in the shower, too much water will cause you to peel prematurely and leave you with red, sore areas that may need to be treated again by your doctor.

ALSO DO NOT

- a. Do not sit in a sauna or jacuzzi for 2.5 weeks, or do strenuous exercise. Sweating will make your face sting and it will cause you to peel too soon.
- b. Do not expose your face to sunlight at all during this time.
- c. Do not use the cleansing or moisturiser routines as excuses to speed up peeling of your skin, it will only increase your risk of complications.
- d. Do not be alarmed if you bend over and your face flushed or warm.

SUNSCREEN

- a. After the peel, sunscreen must be used to protect the skin from the rays of the sun.
- b. You need to use it even if you are wearing a hat or in the shade, as the reflective rays may cause damage also.
- c. Ask for sunscreen or samples if available after your peel at your post-operative visit usually the 10th day.
- d. If you see any signs of brownness after 14 days, you could be developing pigmentation and may require a prescription cream. Ring the nurse to check.

SLEEPING

- a. It is important that you try to sleep on your back with your head elevated on pillows if possible.
- b. This is so you don't rub the skin off the chin or cheek area prematurely.

MAKE-UP

- a. Make-up may be used after finishing the peel, usually in approximately 10-14 days.
- b. It is important to use hypoallergenic make-up with sun block.
- c. Your nurse will recommend brands and when you can wear it on your visit usually the 10th day. Your skin will be sensitive for 3 months and you may not be able to use your normal creams or make-up.

CALL THE OFFICE IMMEDIATELY

- a. If you have unexpected irritation, pustules or persistent yellowness of the skin. b. This is especially important if you feel you may be developing a cold sore.
- b. If you have any signs of sudden darkness in the skin after the peeling has stopped in 14 days, you may require a new cream to your routine.
- c. Do not wait until your next appointment.