

CHEMICAL PEEL AND LASER PEEL INSTRUCTIONS

You will need to purchase: Purpose or Cetaphil soap, Aquaphor ointment, 1% hydrocortisone cream (over-the-counter) and prescriptions.

Before Surgery:

1. You may be given a prescription for a facial cream (Retin-A, Renova, or Kinerase) to precondition your skin. This cream should be started twelve (12) days before the procedure. It is to be applied nightly for ten (10) days, and then discontinued for the two (2) days before your scheduled peel date. Preconditioning improves the ultimate result and success of the peel.
2. You may also be given a bleaching cream to be applied in the morning in the same time regimen as the Retin-A, Renova, or Kinerase cream. Bleaching creams are used to minimize demarcation lines with untreated areas.

Evening before surgery:

1. Nothing to eat, drink or smoke after midnight if having general anesthesia or sedation.
2. Take medications as prescribed.

Morning of surgery:

1. Wash face thoroughly. Be sure *all* make-up is removed. Do not apply makeup or facial creams.
2. Take two (2) aspirin tablets or other anti-inflammatory (Motrin, Ibuprofen) one hour before the peel. Do not take these products if you are restricted from them due to having the peel in conjunction with any other procedure, or if your medical history contraindicates.
3. If procedure is not being done under local anesthesia, you will need to apply numbing cream before procedure time. This usually will be applied in the office.
4. You must remove your contact lenses prior to application of any cream. **You will not be able to put your lenses in post-peel. You will not be able to drive yourself home. Arrangements must be made prior to your arrival.**

After the peel:

1. You may experience some stinging upon the application of the peeling agent and an irritation much like a sun burn afterwards. You may also experience some swelling and/or a throbbing sensation within the first 24 hours. These side effects may be diminished by gently splashing the skin with cool water five to six (5-6) times a day, or you may use cool compresses intermittently.

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2. Take two (2) more aspirin tablets or other anti-inflammatory products four (4) hours and eight (8) hours after the peel, unless contraindicated or unless you had any other surgical procedure at the same time.
3. Take your pain medication every 4-6 hours, if needed. Always take narcotic pain medicine with food to decrease nausea. If you have minimal pain, take extra-strength Tylenol **ONLY**. If you have no pain, do not take any medication.
4. Apply a thin layer of *Aquaphor* four to five (4-5) times a day. If you are going out of the house during the healing period, your own facial moisturizer will suffice, but apply the *Aquaphor* upon your return. Do not let the skin get dry in the first week.
5. There will be redness of the skin on the peeled areas for 24-48 hours. You may also experience some darkening and wrinkling of the peeled area. Small blisters may occur. On the third or fourth day, the skin will flake and shed itself. **Keep skin moisturized to prevent crusting.**
6. Wash your face twice a day by using the recommended soap (Purpose or Cetaphil); lather in your hand and use fingertips to gently cleanse the face. Rinse with lukewarm water and gently pat dry. Then reapply the ointment.
7. Gently apply 1% hydrocortisone cream each time after washing your face to help reduce skin irritation. **Use up to one week only after the peel.**
8. **NO** picking, rubbing, or unnecessary touching of the face: this can cause scarring.

Other Instructions:

1. Stop all at-home glycolic creams and bleaching creams two (2) days before procedure.
2. If the area to be peeled includes around the mouth, you may be started on an antiviral medication, such as Zovirax or Valtrex, three (3) days before the peel and continue the medication for at least a week following the peel. This minimizes the risk of developing cold sores/fever blisters. **It is important to contact the office immediately both before and after your procedure if you develop unusual tingling/burning of your lip or the early stages of a cold sore. If you have a history of herpes or cold sores and did not discuss this with your Dr. Sidle, please call him before your procedure to arrange for preventative medication.**
3. The average TCA peel may take five to seven (5-7) days to heal. At the completion of the healing, the skin may still be faintly pink and blotchy, which will usually fade over a three to five (3-5) day period.
4. The average Deep (Phenol) peel or CO2 laser peel will take 10-14 days to heal. The skin may continue to be red for up to 6 weeks.
5. Use *Aquaphor* continuously while at home until the doctor instructs you to quit.
6. **AVOID EXCESS SUN EXPOSURE.** If you must be exposed to the sun, use a sunscreen with an SPF of *at least 20 with both UVA and UVB protection* during the first 3 months after the peel.

**Please do not hesitate to call Dr. Sidle if you have questions or concerns.
Office 312-695-8182**