

**THE HILINSKI CLINIC
OF FACIAL PLASTIC SURGERY**

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GUIDELINES FOLLOWING CHEMICAL PEEL

- Avoid exposure to direct sunlight for at least eight (8) weeks. This helps to minimize chances of unfavorable skin discoloration.
- You can expect mild to moderate discomfort, tightness, swelling and itching for several days following the peel. Dr. Hilinski will provide you with a prescription pain medication to keep you as comfortable as possible.
- Sleep upright for the first few days to help decrease swelling.
- The face can be washed three (3) times daily with a soft cloth and cold water. Use a clean cloth each time. After washing, pat dry. Then apply a uniform layer of a bland moisturizer such as Aquaphor or Vaseline. Continue this process until the new skin has healed in.
- Begin taking the prescribed medication, which includes an antibiotic, pain medication and the antiviral medication that was started several days before the procedure.
- A new layer of skin should be visible by 5-7 days. Once a full layer of new skin is present, you may begin reapplying makeup over the treated areas. In some cases, the skin may appear reddened or pink up to several weeks to months following the peel. A green-based makeup will often help to conceal this discoloration.
- Use of a highly effective sun block is recommended for at least several months and preferably up to one (1) year following the peel.
- Schedule a follow-up appointment with Dr. Hilinski within 7-10 days.
- Call our office if you have any questions or concerns with regard to the treatment and healing.