

**THE HILINSKI CLINIC  
OF FACIAL PLASTIC SURGERY**

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**GUIDELINES FOLLOWING LASER 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.
- Oozing of clear fluid from the skin surface may occur for up to seven (7) days following the peel.
- You may note mild to moderate swelling of the face up to seven (7) days out.
- Apply wet (cold sterile water) sponges or gauze to the treated areas continuously for the first few days following surgery. Any coating on the skin should be gently soaked off if possible. **DO NOT PICK TO REMOVE ANY OF THIS COATING.**
- After soaks, pat dry the skin surface. Then apply a thin, uniform layer of a bland moisturizer such as Aquaphor or Vaseline. Re-apply the moisturizer whenever the skin feels dry or as needed. 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.