

GUIDELINES FOR LASER PEEL

Avoid exposure to direct sunlight for at least 8 weeks following your peel. This helps to minimize chances of unfavorable skin discoloration.

You can expect mild to moderate discomfort and itching for the first several days.

Dr. Hilinski will have prescribed antibiotics and likely an antiviral medication to start taking the same day as your procedure. It is recommended to start off taking either Tylenol or Ibuprofen over-the-counter for pain control. You can use the prescribed narcotic medication for pain not controlled with the over-the-counter medicines.

Expect tightness and swelling of the treated areas. These symptoms will invariably disappear within the first few weeks. A cold fan directed toward the treated area will help. It is recommended that patients sleep upright for the first few nights to help further reduce swelling.

The face can be washed three times daily with a soft cloth and cold water (containing 1 tablespoon of vinegar in 1 cup of cold water). Use a clean cloth each time. Do NOT rub the skin – just pat the surface of the treated areas. Then apply a topical skin moisturizer such as Aquaphor or Vaseline. Continue with the moisturizer until the entire peeling process has taken place. Do NOT let the skin dry out.

It is vitally important to avoid contact with persons who have any contagious skin disease like herpes simplex (fever blisters and cold sores), shingles or chicken pox, or any other such disease. If you inadvertently come into contact with any skin disease, please notify the office immediately so we may treat you accordingly. Time is of the essence.

Full resurfacing of the skin should take place over the first several weeks. Underlying redness may persist for several months, although often times this is well concealed with proper make-up.

All patients are strongly urged to stay out of the sun for 12-16 weeks following treatment and use emollient sun block (at least 30 SPF strength) if you cannot avoid exposure. Exposure may be unexpected and we highly recommend your wearing sun block cream daily under any makeup used.

Avoid any vigorous activity until cleared by Dr. Hilinski.

Call our offices immediately at (619) 296-3223 if you experience any of the following:

- Persistent fever / over 100.4 (38 C) despite Tylenol every 4 hours
- Excess redness / swelling or warmth in the treated area(s)
- Excessive pain not controlled with recommended medication

I ACKNOWLEDGE UNDERSTANDING OF THE ABOVE _____ (PATIENT SIGNATURE)