

GUIDELINES FOR CHEMICAL PEEL

PRE-PROCEDURE

1. Make sure you avoid any sun exposure for at least 4 weeks prior to your peel. Treatment of skin that is tanned can increase risk of blistering and/or permanent skin damage.
2. Avoid self-tanning lotions in the month prior to treatment.
3. Stop use of Retin-A, Renova or equivalent skin peeling agents (retinols) one week prior to the procedure.
4. You should begin using a prescription topical bleaching cream (hydroquinone) for 10-14 days prior to your procedure. This will help reduce chances of abnormal pigmentation after the peel. Our office may supply you with this. If you don't get this from our office, you will need a prescription called in to your local pharmacy.
5. Starting 2-3 days before your procedure, you should begin taking a prescribed oral antiviral medication.
6. You *can* take Motrin, Aleve, or Ibuprofen and/or Tylenol 30 minutes prior to arrival in the office.
7. About 1 hour prior to the scheduled procedure time, you should apply a topical numbing medication to the areas that will be peeled. This prescription topical medication may need to be called into your local pharmacy.

AFTER CARE

1. Your skin will look red and inflamed when you leave the office.
2. Burning and warmth are normal sensations that generally last 12-24 hours after the procedure.
3. Some patients will note facial swelling, particularly around the eyes, for several days following the treatment. This is normal and usually resolves within 3-5 days.
4. Cool compresses with a clean, damp, soft cloth for 10-20 minutes at a time may help relieve the temporary discomfort.
5. Motrin, Aleve, Ibuprofen and/or Tylenol can be taken as directed for pain. Narcotic medication may be taken if over-the-counter medication is not sufficient.
6. Finish the antiviral medication that was prescribed.
7. A topical emollient (usually provided to you as part of your skin care package) should be applied 2-4 times daily during the first 3 days. It is important for the treated area to remain soft and pliable during healing. The skin should not be allowed to dry out.
8. In between applications of the emollient, the skin can be washed with cold and/or lukewarm clean water. A teaspoon of white vinegar in a large bowl of water may help. During these sessions, a cleansing agent (also provided in your skin care package) should also be used to gently debride the skin.
9. Your skin will feel tight and may be itchy. Peeling or flaking may be seen by the 2nd or 3rd day following your treatment. **NO MATTER HOW TEMPTING, DO NOT PICK OR SCRUB YOUR SKIN.** Let the peeling and flaking occur naturally over the course of 7-10 days.
10. Keeping your head above your heart level will help reduce swelling.
11. Exercise, saunas, and hot tubs should be avoided for 7-10 days or until cleared by Dr. Hilinski.
12. Continue to avoid use of Retin-A, retinols, and any acid peels for 2-3 weeks.
13. Avoid application of makeup until cleared by Dr. Hilinski. Caution should be used when applying and removing makeup. The lasered skin may be delicate and should be treated with care.
14. Avoid contact with persons who have any contagious skin disease.
15. **SUN EXPOSURE IS TO BE AVOIDED FOR AT LEAST 8 WEEKS AFTER TREATMENT.** A total sunblock containing

zinc oxide or titanium dioxide should be applied daily if you are in the sun. Sun exposure may cause certain complications, such as permanent skin discoloration.

16. Persistent redness can be seen for weeks to months in some patients. A green-based makeup will help to hide this redness.

QUESTIONS?

Call our offices immediately at (619) 296-3223 if you have any questions or concerns.