

**CHEMICAL PEEL
AFTER CARE INSTRUCTIONS**

Pre-Treatment Preparation

1. The day before your procedure begin Valtrex. The purpose of this medication is to decrease your risk of developing shingles or herpes zoster after your laser treatment. This complication is painful and causes the highest risk of scarring therefore Valtrex is mandatory. You will continue this medication for 5 days following the procedure (6 days total treatment).

Post-Procedure Days 1-5

1. Most of your discomfort will be within the first 4-8 hours after the peel, while most of your swelling will be within the first 3-5 days.
2. Do not apply cold cloths or ice packs to face.
3. Bacitracin ointment or a clinical grade moisturizer (eg. EltaMD, Aquaphor) is to be applied very lightly to the area 2 times daily for the first 2 days only.
4. Apply a non-petroleum based (Vaseline) balm to your lips throughout the day.
5. On the third day, splash the treated area with tepid water and pat dry three times daily. Do not apply any more moisturizers at this time to allow for the skin to dry out and peeling to begin.
6. Minimize talking and avoid the use of extreme facial expressions. Eat a soft diet or drink liquids from a straw for the first few days to minimize tension of facial muscles and help the scab formation.
7. Sleep on back to avoid your face contacting the bedding.
8. Avoid picking or scratching the treated areas.
9. You may shower and wash your hair if you wish, but do not let the shampoo or water hit your face (It will burn).
10. You may take Benadryl 25mg tablets as needed every 6 hours for intolerable itching.

Post-Procedure Days 6-10

1. Peeling occurs within 5-7 days after the peel. Continue to splash tepid water two-three times daily to clean your face during this time. Once your skin has completed the peeling process, you may again start to apply a clinical grade moisturizer (eg. EltaMD, Aquaphor) after patting dry. Use the moisturizer very sparingly and only apply to areas that have peeled.

2. Hypoallergenic moisturizers and cosmetics may be applied after healing is complete-about 7-10 days after the peel.
3. Normal skin care routines may be resumed after your 3 week follow-up based on the recommendations by your physician or aesthetician.

Post-Peel

1. All treatment areas will be extremely sensitive to sunlight during the healing phase. It is also more susceptible to hyper-pigmentation (darkening) from the sun's damaging rays and very prone to sunburn. Protect your facial skin from excessive exposure to the sun for 8 weeks. Direct sun contact or tanning booths are to be avoided. Wearing a wide brim hat and use of a clinical grade sunscreen with a SPF of at least 30 with zinc oxide (UVA and UVB protection) is recommended.

Please note:

- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.

- If you develop a fever (oral temperature greater than 100°), new redness, new swelling and/or increased pain at the treatment site(s), please call Dr. Beck immediately.

FOLLOW-UP INSTRUCTIONS

Your first follow-up visit will be approximately 3-5 days after the peel. Do not hesitate to call if you have any questions or problems before then.

It is important to be seen by Dr. Beck after your initial post-op checks. He will see you for follow-up appointments at 3 weeks, 6 weeks, 3 months, 6 months and 1-year post-op. For your convenience you may schedule your appointments at either our Southlake or Dallas office (see below). To schedule your appointment please call us at 214-818-4751 between the hours of 8:30 am – 5:00 pm at least 1 week prior to your desired date.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. BECK

If you need immediate care, please call Dr. Beck anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Beck's cell: given at time of surgery

Dr. Beck's office: 214-818-4751

Dr. Beck's email: drbeck@dpsi.org

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