



Postoperative Care of Chemical Peels, Dermabrasions and Laser Skin Resurfacing

Please follow these instructions carefully. Your final result will depend upon how well you care for the treated areas and protect them from irritating materials or products.

WEEK 1

DO:

- Begin applying post peel/laser **ointment** to treated areas immediately after the procedure. Continue to apply as needed to keep the areas soft and moist.
- Applications of cool compresses for 24 hours after the procedure will help decrease swelling. Dip a wash cloth into ice water wring out and apply on face for 10 minutes at a time, reapply as needed every 10 minutes. Use a wash cloth that has been double rinsed, with out any softeners.
- Begin to **rinse** the treated areas in the shower the day after a chemical peel or 2 days after laser and dermabrasion.
- **Shower 4-6 times daily**, while in the shower, gently spray plain lukewarm water on treated areas and pat skin using your hands. Do not rub or scrub skin. Do not pick at crusts. **Use only water, no soap.** This should be done 5-10 minutes each time depending on size of areas involved.
- After showering, blot skin dry with clean dry towel (double rinse towel and with no softener or bleach). **Do not rub skin, use only a blotting motion.**
- Apply post peel/laser ointment gently to skin with fingers after each wash. Apply only to treated areas.
- Apply enough post peel/laser ointment to keep your new skin and any crusting soft and moist.

DO NOT:

- Touch or rub your new skin with fingers between treatments.
- Rub or wipe skin with Kleenex or facial tissues at any time.
- Use cotton balls or Q-tips on the treated areas.
- Pick at crusts.
- **Use makeup or lotions or soaps or phisoderm on treated areas (until otherwise directed by physician)**
- Begin showers on laser or dermabrasion areas until 2 days after surgery

WEEK 2

DO:

- Continue cleansing as in WEEK 1 if crusting or flaking is still present.
- Keep treated areas moisturized with a light coat of post peel/laser ointment at all times, as long as any crusting or flaking is present.
- Keep hair spray, colognes, perfumes, or any substance with a fragrance away from the treated areas at all times.

WEEK 3 & 4

DO:

- Use **Dove** or **Cetaphil** Lotion Soap to gently cleanse skin. Do not wash with cleanser more than twice a day.
- Use water-based hypo-allergenic makeup if skin is smooth and free of crusts.
- Use post peel/laser ointment or a bland moisturizer (i.e. **Cetaphil** Lotion) to moisturize your face.
- Use any products with glycolic acid, retinoids or sunscreens.
- Use any other soaps, moisturizers, cleansing creams, astringents, Retin-A, glycolic products, etc. on face until pinkness subsides.

WEEK 5

DO:

- Use oil-based or water based make-up if desired; (if skin is not red or excessively pink) but, test a small area first 24 hours before using oil-base make-up.
- Use sunscreen to protect face against sun exposure. Test a small area before using sunscreen on entire area.
- Resume reasonable physical activities.
- Use sunscreen if irritation occurs.

DO NOT:

- Use Retin-A, glycolic products, or “peel” products anywhere on your face or body until cleared by physician. Typically, 6-8 weeks.
- Have any significant sun exposure (sunning at the beach, on a boat, playing tennis or golf), even with sunscreen, for at least 3 months. You will find the sun irritating and excessively warm.

REPORT TO THE CLINIC ANY:

- Temperature elevation over 101°F.
- Rash or fever blisters
- Discharge or other evidence of infection
- Development of any drug reaction.

REMEMBER:

- Your new skin is as sensitive and delicate as a newborn baby’s....so...use good judgment. As healing progresses, your new skin will become more resilient, but this may take 3-6 months.

Your post-op appointment is on: _____

If you have any questions please call the office @ 973-394-1815.