

(Medium/Deep Strength) CHEMICAL PEEL / DERMABRASION PATIENT INSTRUCTIONS

* Please arrive 30 minutes prior to the scheduled procedure time so that medications may be given.

INSTRUCTIONS PRE-OP:

1. Please do not wear make-up and/or jewelry on the day of your procedure. Remove contact lenses if area around eyes is to be treated. Wear clothing that buttons down in front (no pullovers). Arrange to have someone drive you home.
Avoid aspirin, aspirin containing products, **Plavix, Advil, Nuprin, Motrin, ibuprofen** and **Ginkgo** for 2 weeks before and 48 hours after procedure.
Avoid drinking alcoholic beverages, smoking and **Vitamin E** (or fish oil vitamin products with Vitamin E) for 2 weeks before and after procedure.
Avoid/minimize sun exposure and/or use sunscreen (SPF 30 or >) for 2 weeks before treatment.

2. PRE- AND POST-OP MEDICATIONS:

Ø **Retin-A / Renova / Retinol** or **Glycolic product** (or similar product per Dr. Strimling _____):
Should be started 2-4 weeks prior to and discontinued 2 days before the procedure.

Ø **Hydroquinone 4% cream** (or equivalent per Dr. Strimling _____):
Should be started 2 weeks before the procedure if indicated by Dr. Strimling. Resume after the procedure when instructed.

Ø **Keflex** or similar: Take 1 tablet in the morning and 1 tablet in the evening starting the morning of the procedure for 5 days.

(or Ø **Zithromax**: Take 2 tablets the morning of the procedure, then continue 1 tablet daily for 4 days.)

Zovirax (Valtrex or Famvir): Take 1 tablet in the morning and 1 tablet in the evening starting the morning of the procedure for 7-10 days.

Extra-strength Tylenol or **Tylenol #3** (or equivalent), but not both at same time: Take 1-2 tablet/s every 4-6 hours after surgery as needed for pain.

Valium (5-10 mg) or similar: Take 1 tablet at bed-time starting after surgery if needed to aid sleep.

POST-OPERATIVE CARE:

1. Gently cleanse off topically applied **Bacitracin** or **Polysporin ointment** (or equivalent topical product _____) with lukewarm water and then soak the treated area for 5-10 minutes, 4-6 times a day

using **1 teaspoon white vinegar in 1 cup of lukewarm water** on a washcloth. Any scabs should be gently soaked off, if possible.

DO NOT PICK OR RUB EXCESSIVELY TO REMOVE DEAD SKIN OR SCABS, as this may increase the risk of scarring.

2. After soaking, pat your skin dry with a towel and apply a layer of **Polysporin ointment** or equivalent over the treated areas.

Re-apply the ointment whenever the skin feels dry. Switch to **Aquafor healing ointment** (or equivalent per Dr.) after 3 days.

3. You may shower and/or wash your hair daily if desired. Re-apply **Polysporin** or **Aquafor ointment** after showering.

4. Sleep on your back with your head elevated on a few pillows and avoid bending down for the first few days to prevent or decrease facial swelling. Use ice packs (ice wrapped in a soft cloth), 15 minutes per hour, as needed to decrease swelling (for the first day or two).

5. If the skin around the mouth was treated, avoid excessive talking and other oral activities that cause significant movement of this treated area (e.g. excessive chewing) for the next 3-5 days. We recommend a **soft diet** (i.e. foods that do not require excessive chewing) over the next 3-5 days.

6. Avoid strenuous exercise for the next 2 weeks to avoid skin irritation.

7. The area will heal in about 7-10 days, but will remain reddened for several weeks to months.

Do not expose the skin to the sun for 2 weeks. After your skin heals in 7-10 days, use a **high SPF (at least SPF 30) sun screen** daily for several months (or until your skin is completely healed and no longer even faintly red) to avoid changes in skin coloration (i.e. darkening).

Moisturizers, cover creams, and make-up can be resumed after the area has healed (in 7-10 days).

Green based foundation (e.g. **Covermark, Dermablend**) is very effective in covering red areas.

Your skin may be very dry following the procedure while continuing to heal. Moisturizers we prefer: **Vanicaream SPF 60, (Eucerin or Aquafor)**

8. Please avoid smoking for at least 2 weeks before and after surgery.

9. If you are using **Retin-A** or glycolic based topically applied products, please discontinue using these 2 days before your procedure.

You may begin re-using one of these, but usually not both after you have healed, and when instructed so by Dr. Strimling.

(Also, please avoid any cosmetic facials for at least 1 week before your procedure.)

10. Follow peri- and post-procedure instructions carefully for best possible outcome.

POST-OPERATIVE COURSE/EXPECTATIONS:

After (medium or deep) chemical peeling, expect the treated area(s) to form a dry shell-like casing that will eventually begin to exfoliate (slough) at about 3-5 days and lasts another 2-3 days, or occasionally longer especially for deep chemical peels.

For medium chemical peels, expect relatively complete healing within 1 week. Mild to moderate redness may be present for up to 1 week and rarely slightly longer. Expect minimal to no post-procedural swelling, pain or discomfort.

For deeper chemical peels and/or dermabrasion, mild to moderate redness is expected for 1-2 weeks and usually gradually fades over 4-6 weeks, but may take longer. Oozing of clear to yellow/pink fluid from the treated sites may occur for 3-7 days (especially, dermabrasion).

Mild to moderate swelling is normal and should improve after 24-48 hours, but may last 3-7 days.

Mild burning of the treated sites may occur and should resolve within 1 week (dermabrasion).

Bleeding after surgery is rare, but should it occur, please apply firm pressure to the area for 15 minutes.

Most bleeding will stop with firm pressure. If bleeding doesn't stop or you have any other problems, please call our office.

(Medium chemical peeling is an excellent treatment alternative for correcting superficial skin abnormalities, such as discolorations and very early wrinkles/lines and subtle scars. Laser resurfacing offers more versatility through greater control and ability to safely achieve deeper and more dramatic effects and is therefore a better approach for more advanced wrinkles/lines and scars.)

FOLLOW-UP CARE:

Please schedule follow-up appointments at 1-3 days and 7-10 days after your procedure.

If you have any questions or concerns, please do not hesitate to contact our office, **Robert B. Strimling, MD & Associates @ (702) 243-6400**