



## CHEMICAL PEEL POST-OP INSTRUCTIONS

The face peel is a safe and effective procedure for fine lines, skin texture changes and brown spots. It is very important that all instructions are strictly followed to avoid complications. Failure to adhere to Dr. Mueller's specific instructions can lead to serious complications such as herpes, hyper-pigmentation, bacterial infection or permanent scarring.

### Immediately following the peel

When you awake, you will feel as if you have a sunburn. However, you will not be in extreme pain. Dr. Mueller will coat your face with a petrolatum such as Aquaphor or Vaseline. You will have been instructed to purchase either one of these products prior to your procedure, as you will continue to apply this on your skin (a thin film) until you see Dr. Mueller again. This will be in one week, so keep applying the petrolatum.

### Care for discomfort

Apply cold compresses to the treated areas of your face. Take a large, clean bowl and fill it with water and ice cubes. Soak several wash cloths in the bowl and keep the bowl in the refrigerator. Apply the cold cloth, changing it when the cold subsides, to the face as often as desired to ease discomfort and to help decrease swelling. When the cloth becomes warm, replace it with a new cold cloth. Be absolutely sure that you re-apply the Aquaphor or Vaseline after you are finished applying the cold compresses.

## MEDICATIONS

Dr. Mueller will prescribe several medications to you prior to your treatment. These typically consist of:

**Valtrex** – to prevent herpetic breakouts –start two days prior to peel and take until all are finished.

**Keflex** – an antibiotic – to prevent a skin infection. Take until all are finished.

**Hydrocodone** – for discomfort – take as needed every 4 hours.

**Medrol** – for swelling – take until finished.

**Diazepam** – as a sleep aid as needed. Take one hour before bedtime.



### **Cleansing and showering**

You can shower the next day. Dr. Mueller insists that you wash your face with a mild cleanser and only with your fingers. **DO NOT** use a wash cloth. Dr. Mueller recommends Cetaphil Gentle Cleanser. This can be purchased at most local pharmacies.

Your skin will change from red to brown over about 5 days. Your skin will become leathery and will start to peel on or about day 5, and will continue for about 2 days. Once the skin peels, the new skin will appear pink. The pink color will subside over a week.

**DO NOT PICK YOUR SKIN! THIS CAN CAUSE SCARRING. IT IS BEST TO JUST LET IT FALL OFF BY ITSELF.**

### **After completion of peeling**

Once the skin is completely done peeling, stop using the petrolatum and use a light moisturizer such as Cetaphil or Elta Light Moisturizer. These can also be found at most pharmacies. Using moisturizer will help speed the recovery at this point.

Continue cleansing with your gentle cleanser twice a day and only with your fingers.

### **Makeup and Sunscreen**

After a complete week of healing, you may begin to wear makeup on the 8<sup>th</sup> day. If there are areas that still have any scabbing or weeping, do not apply makeup to these areas. On the 10<sup>th</sup> day, apply a high-quality sunscreen (SPF 30) daily. Dr. Mueller advocates the daily use of sunscreens to preserve healthy skin including SPF make-ups.

At Virginia Facial Surgery, we can also provide you with medical-grade skin care products.