

Chemical Peel Post-Operative Instructions

Day 1 (First 24 hours after procedure):

- Do not wash face or shower for first 24 hours
- Apply cool acetic acid soaks to face 3-4 times daily using cotton gauze or a clean washcloth.
 - o **Recipe for acetic acid soak:**
 - 1 tablespoon of pure distilled white vinegar mixed in one cup cool, clean water.
 - Make 10-15 cups, and store in refrigerator.
- Apply Aquaphor or petroleum Jelly to treated areas 3-4 times daily (continue for at least 5-7 days)
- A sunburn-like sensation is common immediately after the procedure. You may use cooling packs or frozen peas to help decrease any discomfort.
- Sleep with the head elevated on several pillows. Swelling is common after the procedure, especially around the mouth and eyes. Keeping the head elevated will allow for faster resolution of the swelling.
- If you have trouble sleeping, or experience itching of the skin, you may take a Benadryl 25 mg tablet at bedtime.
- Pain and discomfort should be only minimal. Tylenol 500 mg, one to two pills every four to six hours, should be sufficient to control any discomfort.
- Continue antibiotic and antiviral medications, as prescribed.

Day 2, 3, 4, 5, 6, 7:

- Pain and discomfort should be decreasing. If a significant increase in pain occurs, contact the office immediately.
- It is not unusual to have some drainage of clear-yellowish fluid postoperatively. This will decrease and disappear within a week.
- Avoid wearing contact lenses, swelling of the eyes can make them difficult to insert and remove
- After 24 hours, you can gently wash the face with Cetaphil cleanser
- You can shower, but avoid hot water on treated areas
- Continue with the acetic acid soaks
- Apply Aquaphor or petroleum jelly ointment 3-4 times daily
- Avoid picking at the skin or scabs.
- Avoid direct sunlight on the skin (do not use sunscreen yet)
- It is common to feel itching or slight stinging during this time
- If you have significant itching or trouble sleeping – you may take a Benadryl 25 mg tablet once or twice daily. This will make you drowsy, so avoid driving.
- Continue antibiotic and antiviral medications, as prescribed.

After Day 7:

- You may stop the acetic acid soaks
- You may stop applying Aquaphor and petroleum jelly. Apply light moisturizer (Cetaphil lotion) several times a day instead of the Aquaphor.
- Continue washing face with gentle cleanser like Cetaphil cleanser
- Begin hydrocortisone 1% cream to face twice daily
- Begin sunscreen use when face is fully re-epithelialized (skin is completely healed)

Pt Name

DOB

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- Try to select a sunscreen with zinc oxide or titanium dioxide, which are most effective and least irritating to the skin. Use sunscreen and avoid sun for at least 1 month after treatment.
- Continue antibiotic and antiviral medications, as prescribed.

Call the office immediately if you have these symptoms during the post-operative period:

- **Pain** that **worsens** after post operative day 2
- **Fever** over 100 degrees Fahrenheit
- Occurrence of fever blisters or cold sores on the skin

Patient Signature

Witness

Date

Date

Pt Name

DOB