

## POSTOPERATIVE INSTRUCTIONS

### AFTER YOUR PEEL, DERMABRASION OR LASER:

- \_\_\_\_\_ As the local anesthetic wears off, you may experience a slight burning and stinging sensation. This usually lasts only a few hours. Use of ice compresses and a fan will provide relief and decrease swelling. Place water, ice and washcloth in a bowl and then place the cloth over your face for 10 minutes on and five minutes off as often as you can the first day.
- \_\_\_\_\_ Do not be alarmed if your swelling increases for the first 2-3 days. Your lips and eyelids may swell also, but this is all temporary.
- \_\_\_\_\_ You will be given Bacitracin ointment to apply to your face. Do not apply any vitamin E oil. Do not apply Neosporin. You may also apply Vaseline or A&D ointment to the face and lips as often as you like.
- \_\_\_\_\_ Wash your face daily with Cetaphil or BioMedic Gentle Cleansing Gelee and pat dry. You may shower and wash your hair as usual, but be sure to wash all traces of shampoo out of your hair with lots of water.
- \_\_\_\_\_ On the 4<sup>th</sup> or 5<sup>th</sup> day, your skin will begin to peel. Do not try to rush things. The peel must progress at its own speed. You should remove only the very loose pieces of dead skin. As long as you have peeling or crusts, you should continue applying Bacitracin ointment (or Vaseline or A&D ointment) 2-3 times a day.
- \_\_\_\_\_ Your new pink skin will be very sensitive to heat, cold, wind and especially to sunlight. You must follow our instructions regarding a disguise for the first 2 weeks after your peel any time you are outside or in a care. Skin-colored zinc oxide paste can be used after the first 2 weeks when prolonged exposure to the sun cannot be avoided.
- \_\_\_\_\_ During the first few weeks after your peel, you may notice small whiteheads or blocked glands. You can remove these by soaking them in water and gently opening the top. Do not squeeze them. Preferably, they can be removed during one of your office visits.
- \_\_\_\_\_ Once the top layer of skin is completely peeled away and no open crusty areas remain, you should begin a daily skin care program. Continue with a soap substitute (such as Cetaphil or BioMedic Gentle Cleansing Gelee) for washing, followed by your usual moisturizer and a good sunscreen make-up. You can use BioMedic, Clinique, Physician's Formula or a comparable hypoallergenic sunscreen make-up.

\_\_\_\_\_ Some patients are bothered by itchiness. This can be relieved by ice compresses, over-the-counter Benadryl (taken orally) or over-the-counter ½% hydrocortisone ointment applied twice a day before your moisturizer and make-up. Avoid spices, red wine, Oriental foods and any aspirin containing products, as these foods can increase itching. If this problem continues, contact our office. Avoid application of any product not provided or approved by Dr. Manduano.

\_\_\_\_\_ If you want youthful skin, you must avoid exposure to the sun as much as possible. Now that you have undergone a facial peel, you have even more reason to protect your skin. If you desire a tanned appearance, you can use BioMedic or some other comparable self tanning cream.

In summary, the following is our recommended skin care regimen following a light peel. This regimen should be followed beginning 2-3 weeks after surgery. DO NOT begin until directed by the doctor.

1. Wash with Cetaphil or BioMedic Gentle Gelee.
2. Apply Eldoquine Forte morning and night for 4-6 weeks rubbing in well to avoid blotchiness.
3. Follow with your regular moisturizer. (BioMedic Extra Mild Protection, Antibac, Extra Rich Moisturizer or vitamin C cream.)
4. Apply sunscreen make-up, if desired.
5. For 2 weeks following your light peel, you must wear your disguise any time your face is exposed to sunlight. This will help prevent irritation or pigmentary changes.