



Plastic Surgery & Dermatology Associates (PSDA)

CHEMICAL PEEL AFTER CARE INSTRUCTION

Early:

1. Antibiotics and pain medication should be taken as directed.
2. Most of your discomfort will be within the first 4-8 hours after the peel, while most of your swelling will be within the first 3 days.
3. Bacitracin ointment or other gel is to be applied lightly to the area 3 times a day for the first 5 days only. Following this, apply a 0/5% hydrocortisone cream (available over-the-counter) to the times a day for the next 3 days only. (This helps to decrease the redness and irritation).
4. Cold moist compresses help cleanse and soothe the area. These should be applied 4-6 times a day. You may splash cool water on your face several times a day. Pat dry gently, then apply the ointment.
5. Most crusting and peeling occurs within 5-7 days.
6. Hypoallergenic moisturizers and cosmetics may be applied after healing is complete, about 7-10 days after the peel.
7. Normal skin care routines may be resumed 7-10 days following the procedure.
8. Your skin is fresher and smoother at this time. It is also more susceptible to the sun's damaging rays and very prone to sunburn. Please apply sun block SPF 20 or greater for at least the first 6 months, even on cloudy days.
9. Your first follow up visit will be approximately 5-7 days after the peel. Do not hesitate to call if you have any questions or problems before then.

Late:

1. Direct and indirect sunlight should be avoided for at least 12 months.
2. Sunscreen with SPF 20 or greater should be applied daily.
3. Moisturizing creams should be used daily.

JBL/awh