

A NEW FACE<sup>SM</sup>: Facial Plastic Surgery  
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## INSTRUCTIONS – CHEMICAL PEEL

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

### I. Before the peel

- A. Start using Renova each night at least 2 weeks before the peel. Let us know if you have redness or dryness from the Renova that lasts more than 5 days.
- B. Arrange for someone to bring you to the office and take you home.
- C. Come into the office for the peel with clean skin and no make-up. Cold cream can be used the night before, not the morning of the peel. Scrub your face or other area to be peeled vigorously with soap and water and a washcloth before coming to the office for the peel.
- D. Take the Famvir twice the day before and one hour before the peel.
- E. One hour before the peel, take the antibiotic, and the anti-inflammatory (Prednisone 3 tablets)

### II. After the peel

Initially, the peeled area will have a frosted appearance. Later that day it will probably turn red. It should fade to a uniform pink color in 4-10 days and the pink color should fade in 2-3 weeks.

- A. Be sure to keep the peeled area elevated for at least 1 week after the peel – e.g. sleep with your head elevated about 30 degrees.
- B. Take Advil - two tablets after each meal and at bedtime with a snack for 1 week after the peel.
- C. If you itch, do not scratch the peeled area, but take chlortrimeton 4 mg. every 4-6 hours as needed. This can be obtained over the counter.
- D. On the morning after the peel, take Prednisone as directed.
- E. Starting the day after the peel, you can shower. Until the area is a uniform pink color, you should wash the peeled area gently with a plain shaving cream, pat dry, and apply Cortaid ointment about every eight hours. Cortaid can be obtained over the counter.
- F. After this is a uniform pink color, without scabs or drainage, you should apply Eldopaque Forte to the peeled area twice a day for eight weeks. Makeup can be applied over the Eldopaque Forte, along with moisturizer.
- G. Renova should be restarted 2 weeks after the peel and then used for at least 3 months.
- H. Ultraviolet light should be avoided for 3 months after the peel by avoiding sunlight and tanning booths.
- I. Let us know if you have crusting that persists over 10 days, pinkness that lasts over 3 weeks, or increasing firmness or redness.

*The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.*

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date