

ROD J. ROHRICH, M.D.
PLASTIC SURGERY

CHEMICAL PEEL
AFTER CARE INSTRUCTIONS

Pre-Op

- The day before your procedure you will begin Valtrex, four times daily until prescription complete.

Days 1-5

- 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 3-5 days.
- Bacitracin ointment or Elta MD is to be applied **very lightly to the area 2 times daily for the first 2 days only.**
- **On the third day**, splash with tepid water and pat dry three times daily. **Do not apply any more moisturizers at this time to allow for the peeling to begin.**
- Do not apply cold cloths or ice packs to face.
- Apply a non-vaseline balm to your lips throughout the day.
- Your first follow-up visit will be approximately 3-5 days after the peel. Do not hesitate to call if you have any questions or problems before then.
- Avoid the use of extreme facial expressions.
- Sleep on back avoiding your face contacting bedding.
- Do not allow water or shampoo to contact treated area.
- Do not prematurely remove flaked skin by pulling, picking or rubbing.

Days 6-10

- Peeling occurs within 5-7 days after the peel. Continue to splash tepid water two-three times daily to face. Once dry, you may apply Elta MD, **very sparingly, only to areas that have peeled, two-three times daily.**
- Hypoallergenic moisturizers and cosmetics may be applied after healing is complete, about 7-10 days after the peel.
- Normal skin care routines may be resumed after recommendations by your physician or aesthetician.

Post-Peel

- The skin of your face is sensitive to sunlight. Protect your facial skin from the sun. Wear a wide brim hat and apply sunblock SPF 30 or greater, one that has both UVA and UVB sun block protection.
- Your skin is fresher and smoother at this time. It is also more susceptible to hyper-pigmentation from the sun's damaging rays and very prone to sunburn.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. ROHRICH

If you are a patient at one of the facilities below, please call between the hours of 8:30-5:00. If you need immediate care, please call Dr. Rohrich anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Rohrich's cell: 214-500-4870

Dr. Rohrich's email: rod.rohrich@utsouthwestern.edu

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