

ROD J. ROHRICH, M.D.
PLASTIC SURGERY

CHEMICAL PEEL
AFTER CARE INSTRUCTIONS

Pre-Op

- If you have a history of cold sores, please let Dr. Rohrich know so he can prescribe Valtrex for you pre and post-operatively.

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 light cream is to be applied **very lightly to the area 2 times daily for the first 2 days only.**
- On the third day you may cleanse your face lightly with tepid water and pat dry. **Do not apply any more moisturizers at this time to allow for the peeling to begin.**
- Apply Vaseline to lips only, frequently throughout the day.
- Do not apply cold cloths or ice packs to face.
- 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 remove flaked skin by pulling, picking or rubbing. This can cause hyper-pigmentation, scarring and other complications.

Days 6-10

- Most crusting and peeling occurs within 5-7 days after the peel.
- You may apply a gentle cleanser, which should be approved by Dr. Rohrich's aesthetician. Gently cleanse using only fingertips in a circular motion and rinse with tepid water twice daily, morning and night
- You may apply Elta Lite to the areas that have peeled, very sparingly, twice daily after splashing with the tepid water and allowing your face to dry.
- 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. Try and avoid time spent in the sun as much as possible for the first 7-10 days. Protect your facial skin from sun by wearing a wide brim hat and apply sun block SPF 30 or greater, one that has both UVA and UVB sun block protection. Be sure and check with your aesthetician before choosing a sun block as some ingredients can be irritating.

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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