

# **Dermatology + Cosmetic Surgery.**

**That's the beauty of it.™**

## **Mid Valley Dermatology and Cosmetic Surgery Center**

**Allan S. Wirtzer, MD, Medical Director**

### **PRE-OPERATIVE AND POST-OPERATIVE INSTRUCTIONS FOR CHEMICAL FACE PEEL AND LASER RESURFACING**

#### **PRE-OPERATIVELY**

1. If you have a history of herpes simplex (cold sores) on the lips or face, please advise us immediately, as you will be given pre-operative medications to prevent an outbreak.
2. Wash your hair the day before the face peel.
3. Eat a normal light breakfast or lunch the day of the procedure.
4. Come to the office with a top that unbuttons or unzips completely open.
5. If sedation is planned, someone must take you home immediately after the procedure because the medications given will impair your ability to drive.

#### **POST-OPERATIVELY**

6. The treated area may have a mild burning sensation for the first 8 to 10 hours.
7. Mild to moderate swelling may occur. Prominent swelling around the eyes may occur. Try to keep head elevated for two to three days depending on swelling.
8. Swelling around the face could last up to three or four days.
9. Though usually not required, pain medication may be taken as needed. Aspirin and aspirin containing medications should be avoided.
10. Starting the day after surgery, begin acetic acid compresses as recommended (see instruction sheet.) To minimize crusting, compresses can be applied 3-5 times a day.
11. If a thin crust forms, it will usually separate from the treated areas in four to seven days. Do not physically pick off any crusts as this could damage the new layer of skin, delaying healing, or cause scarring.
12. Non-irritating moisturizers and makeup may be applied as soon as the crusts are completely off. Makeup may be placed over sunscreen.
13. Undue sun exposure may produce abnormal pigmentation of the recently healed areas. Avoid unnecessary or excessive exposure. A sunscreen should be applied to the healed skin when any sun exposure is anticipated.

**PLEASE DO NOT HESITATE TO CALL IF YOU HAVE ANY QUESTIONS.**