

## **Laser or Chemical Peel Post Procedure Instructions and Expectations**

Please follow the instructions below to prepare for your treatment. Your compliance with your pre- and post-peel instructions will greatly affect the outcome of your treatment.

### **Before treatment:**

1. Refrain from these activities for 7 days prior to your treatment:
  - Do not have another treatment, unless recommended.
  - Avoid any skin irritants, including retinoids and retinol, glycolic and salicylic acids, benzoyl peroxide, astringents and Vitamin C.
  - Do not wax, tweeze or use depilatory creams.
  - Do not tan.
2. Do not schedule a procedure if you are pregnant or think you are pregnant.
3. Continue to use other skin care products.
4. Use the prescription of Tretinoin 0.1% as directed.
4. On the day of your treatment wash your face and apply moisturizer. Do not apply makeup.

### **After treatment:**

1. You will need to wash your face twice daily using warm water.
2. Please carefully read the instructions of the Skin Medica Post peel kit given to you.
3. Take your prescriptions as directed
  1. Medrol dose pack: Take as directed. For swelling and inflammation
  2. Xanax 0.5mg by mouth three times daily as needed for anxiety/sleep
  3. Vacyclovir 500mg by mouth twice daily for 7 days. For cold sore prevention
  4. You may use over the counter tylenol for discomfort
4. Mild/moderate redness is expected for seven days after the procedure and will fade gradually over a 4-6 week period.
5. Oozing of clear fluid from the area may occur for 3-7 days.
6. Mild/moderate swelling is normal and may last 3-7 days.

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**Day 1:** Clean your skin using your fingertips and cool water. *Begin Skin Medica post peel regimen twice daily:* First start with the Cleanser, then mix the Restorative ointment with hydrocortisone cream and gently apply to entire face. Your skin will appear sunburned today and will continue to look redder as the day continues. It will begin to feel tight like you have a sunburn. You may also experience itching or mild burning as the peel penetrates deeper into the skin. You can help to alleviate this sensation by taking benadryl or Zyrtec/Claritin (for itching) and Tylenol (for discomfort), as needed. You will want to avoid wearing tight fitting glasses for the first day or two. Pressure from the nosepiece may cause deepening of the peel in that area.

**Day 2:** Your skin will continue to feel very tight. The top layers of skin are dehydrating. You will look like you have an uneven sunburn/tan. You may still feel comfortable in public today. By the end of the day your skin may begin to flake, usually starting between your eyes, around your mouth and nose. Sun-damaged spots may turn darker prior to peeling. Rinse your face with cool or tepid water generally feels best. Use Skin Medica kit as directed. **DO NOT PEEL THE SKIN.**

**Day 3:** Your skin will flake, peel and feel very tight today. **DO NOT** peel the skin at any time. If you were to peel skin that is not ready to come off, you could cause scarring. You may carefully use manicure scissors to clip any hanging skin. Today and tomorrow you may want to avoid making social plans. You must completely avoid the sun during this time. This is the last day you should use hydrocortisone to irritated areas.

**Day 4:** Continue with cleansing and moisturizing. You may begin the Skin Medica TNS Ceramide cream. The majority of peeling takes place between days 3 and 4. Some areas will have completely peeled and other areas may have not peeled at all. This is normal.

**Day 5:** Your skin may be tender for a few days. You may exfoliate the skin with a gentle scrub, such as Skin Medica's Skin Polisher, to remove any remaining skin that has not peeled. Continue to avoid sun exposure for the next two weeks. You may begin to wear cosmetic makeup and SPF sunblock, but only if it is not irritating.

**Day 7:** Ease back into your full skin care products. I recommend the Skin Medica TNS Recovery Complex for further skin recovery support. Wear sunscreen at all times.

**Between week 1 and week 2:**

You may resume waxing, tweezing or depilatory creams during this week. By the end of the second week you should be able to tolerate glycolic, salicylic, Vitamin C, and retinol or retinoid products. You will notice your skin is pink for about one more week.

Remember, daily sunscreen with an SPF of 30 is recommended to maintain your improved skin.

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