

# **Post Peel Instructions**

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## **For Chemical Exfoliations**

### **The Road to Recovery**

You will feel as though your skin has a windburn or sunburn and will find that your skin is tight. Do not make excessive or widely exaggerated facial expressions. This can cause tearing of the skin and bleeding, hence -- scarring. Just let your skin heal naturally, and do not peel or tug on ANY skin that may peel from the face. You can cause excessive damage resulting in severe scarring if you do this. Below is a typical after care instruction sheet, please ask your physician or skin care specialist for your own specific instruction sheet.

1. You will cleanse your face as usual but be instructed to use a gentle-formulated cleanser.
2. You may be instructed to use a special moisturizing cream or lotion.
3. Do not apply any type of glycolic acid or exfoliation products as this can severely damage or irritate the skin during the entire time of healing or the skin will become irritated.
4. Avoid sun exposure if you can. Use a high SPF sunblock to help block the harmful UV rays.
5. Do NOT peel, rub or scratch your skin at anytime, whatsoever. This WILL cause damage and compromise your results as well as possibly severely scar you.
6. Let your surgeon or skin care specialist know immediately if you have a herpes break out. This can also result in severe and permanent scarring.

### **Important Contraindication of Chemical Peels**

You should not have a chemical peel if you will continue to have excessive sun exposure. Active herpes simplex, warts, history of keloidal scarring (excessive ropey scarring where the collagen forms outside of the incision or cut area, Any type of recent facial surgical procedures. You should not have a chemical peel if you've used Accutane in the last year (which increases your chances of excessive scarring). If you are pregnant or lactating (although simple, superficial fruit acids may be acceptable, ask your physician). If you have any autoimmune diseases, have had any recent radioactive or chemotherapy treatments -- have sunburn, windburn or broken skin or have recently waxed or have recently used a depilatory such as "Nair®" or used "Vaniqua®."

### **Risks & Complications of Chemical Peels**

If you have oral herpes. You MUST gain the approval of your primary physician and seek a prescription for oral *Acyclovir* -- one brand name is Zovirax®. This is very important! Zovirax® can significantly decrease your chances of a break out. If you have a break out during your healing period, it can spread to your entire face and result in severe and permanent scarring.

Be careful of crusting or excessive weeping. In AHA peels you may think this is normal but there is a borderline appearance that you must watch out for. Ask your skin care specialist for specifics regarding what to look for. If for a typical AHA peel, you should feel and look normal within 3 to 4 days. For deeper peels your downtime may take weeks and then months for complete recovery.

If you experience painful areas of the face, contact your surgeon or skin care specialist immediately - ESPECIALLY if you are prone to cold sores. Blisters that form will need to be treated as soon as possible!

Hyper-pigmentations (excessive coloration) and hypo-pigmentation (lack of pigmentation) can be problematic of misdiagnosed skin types, failure to reveal any skin problems or ethnicity and improper post-peel care. Infection is uncommon but possible so keep an eye out for redness and pain.

Scarring is a problem if the above is experienced so please adhere to your post-peel instructions to decrease your chances of long term or permanent, visible signs of damage.