



MFAS

MICHIGAN FACIAL AESTHETIC SURGEONS

Look
as Good
as
You Feel

CHEMICAL PEEL

GUIDELINES

Before the Peel,

- ▶ Start using Retin A each night at least 2 weeks before the peel. Let us know if you have redness or dryness from the Retin A that lasts more than 5 days. During this time arrange for someone to bring you to the office and take you home.
- ▶ Come into the office for the peel with clean skin and no make-up. Cold cream can be used the night before, not the morning of the peel. Scrub your face or other area to be peeled vigorously with soap and water and a washcloth before coming to the office for the peel.
- ▶ Take the Valtrex twice the day before and one hour before the peel.
- ▶ One hour before the peel, take the antibiotic (Cephalexin), and the anti-inflammatory (Prednisone 3 tablets).

After the Peel,

- ▶ Initially, the peeled area will have a frosted appearance. Later that day it will probably turn red. It should fade to a uniform pink color in 4-10 days and the pink color should fade in 2-3 weeks. Be sure to keep the peeled area elevated for at least 1 week after the peel – e.g. sleep with your head elevated about 30 degrees.
- ▶ Take Advil - two tablets (400mg total) after each meal and at bedtime with a snack for 1 week after the peel. If you itch, do not scratch the peeled area, but take chlortrimeton 4 mg every 4-6 hours as needed. This can be obtained over the counter.
- ▶ On the morning after the peel, take Prednisone, two tablets. On the next morning take Prednisone, one tablet. Starting the day after the peel, you can shower. Until the area is a uniform pink color, you should wash the peeled area gently with a plain shaving cream, pat dry, and apply Cortaid ointment about every eight hours. Cortaid can be obtained over the counter.
- ▶ After this is a uniform pink color, without scabs or drainage, you may be instructed to apply 4% Hydroquinone to the peeled area twice a day for eight weeks. Makeup can be applied over the Hydroquinone, along with moisturizer.
- ▶ Retin A should be restarted 2 weeks after the peel and then used for at least 3 months. Ultraviolet light should be avoided during these 3 months after the peel by avoiding sunlight and tanning booths.
- ▶ Let us know if you have crusting that persists over 10 days, pinkness that lasts over 3 weeks, or increasing warmth or redness.

The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.

Patient Signature

Date

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MFAS is in affiliation with Wayne State University **SCHOOL OF MEDICINE**

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