



GULF COAST FACIAL PLASTICS

Where Art and Medicine Come Face to Face®

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Pre/Post-Operative Instructions for Skin Resurfacing with Chemical Peel

Pre-operative Instructions

- Take Famvir or Valtrex
- No sun exposure prior to peel for one week
- Wash your face well before coming to the operating room, apply no makeup
- Aspirin or Motrin before & after surgery if no other procedure is being performed will help with healing

Post-operative Instructions

- No exposure to the sun, wear a hat
- Keep your head elevated higher than your heart for three days after surgery
- Use a cool compress over your face for the first 24 hours after the procedure
- Use a sunscreen SPF 30 or greater after healing, apply 30 minutes prior to exposure and frequently
- Drink a lot of fluids
- Keep A&D ointment on your face 24 hours a day for 14 days after surgery
- Do not pick the crust; it will peel itself in approximately one week
- Chemical peels may be repeated in the future if desired
- Use Benedryl for itching
- Wash your face with a mild soap at least 3 times a day for the next week
- Let tepid shower water run over your face
- Replacement hormones may be continued; however, oral contraceptive pills (birth control pills) should be discontinued for one month to prevent discoloration of the skin