

CHEMICAL PEEL POST-OP INSTRUCTIONS

- Cool soaks (4 x4 gauze in cool sterile saline) ease minor stinging the first day
- Wash your face 5-6 times per day with sterile saline (**no soap**).
- Then apply Vaseline in thick layer after each cleaning.
- Use your fingertips or gauze to massage away dead skin layers during this process.
- Scab formation and dryness will slow your healing process.... Keep skin lubricated!!
- Sleep on three to four pillows or in a recliner for first three nights to decrease swelling.

EXPECTATIONS

- There will be facial and eye swelling for several days.
- You should expect redness (or pinkness) for several weeks.
- Avoid sun or windburn for six months after the procedure.
- Approx 1 wk after surgery we may recommend a moisturizer such as Kinerase (available in our office).
- (Women): You may begin to apply make-up around the tenth day after surgery (check w/ Dr. Gross for his approval on an individual basis).

MEDICATIONS

- Valtrex 500 mg twice a day (begin day before surgery).....antiviral
- Keflex 500 mg (Cephalexin) 1 tablet 2 times a dayantibiotic
- Lortab 7.5 mg (Hydrocodone) 1 tablet every 6 hours as needed.....pain
- Celebrex 200mg take once a day as directed.....inflammation
- Ativan 1mg (Lorazepam) 1 tablet every 8 hours as needed.....anxiety and sleep
- SinEcch as directed (begin day before surgery).....inflammation and bruising

FOLLOW-UP VISITS

- We will see you in the office in 2 days to check your progress. Please call Dr. Gross at 407-333-3040, if you have questions or concerns. If you have a true emergency call 911.

I have received a copy of the above instructions and agree to follow them

X _____ Date _____