

PHENOL PEEL POST-OP INSTRUCTIONS

- Apply ICE compresses to face every hour for pain control for the first 24-48 hours **WHILE AWAKE.**
- Apply Vaseline in a thick layer throughout the day
- Start your cleaning the morning after surgery as follows:
- Wash your face 5-6 times per day with cooled sterile saline (no soap).
- Apply plain Vaseline at night (keep refrigerated for comfort)
- Use your fingertips to massage away yellow exudates during the cleaning process.
- Scab formation, exudates, and dryness will slow your healing process.... Keep skin lubricated with a thick layer of Vaseline !!
- Sleep on three to four pillows or in a recliner for first three nights to decrease swelling.

EXPECTATIONS

- There will be pain for approx 12-16 hrs following the peel, ICE will help.
- There will be significant facial and eye swelling and redness for several days.
- You should expect redness (or pinkness) for several weeks or months.
- Avoid sun or windburn for six months after the procedure.
- Approx. 2 weeks after surgery we may recommend a moisturizer .
- (Women): You may begin to apply make-up around the 14th 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 twice a dayantibiotic
- Percocet 10/650 mg 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
- Arnica 30X as directed (begin day before surgery).....inflammation and bruising
- Phenergan (promethazine) 1 tablet every 6 hours as needednausea

FOLLOW-UP VISITS

- You will be seen in the office in 2 days to check your progress. Please call Dr. Gross at (321) 356-4396, 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 _____