

CHEMICAL PEEL POST-OP INSTRUCTIONS

- Cool soaks (4 x4 gauze in cool sterile saline or Distilled water) first 48 hours.
- Apply soaks to face 5-6 times per day while awake. (**no soap**).
- Apply Vaseline in thick layer after each soaking.
- Use saline soaked gauze and Vaseline to gently massage away dead skin layers starting day 3-7. Light circular motions help remove peeled skin.
- Dryness slows the healing process and leads to irritation. Keep your skin lubricated !!!
- Sleep on three to four pillows or in a recliner for first week to decrease facial swelling.

EXPECTATIONS

- There will be facial and eye swelling for several days.
- You should expect redness (or pinkness) and puffiness for several weeks.
- Avoid sun or windburn for 6 months after the procedure.
- Approx 1 wk after surgery we will recommend a Primera Pharmaceuticals moisturizer (available in the Day Spa).
- Women may begin to apply make-up around the tenth day after surgery.
- Patchy skin coloration is normal in the first few weeks.

MEDICATIONS

- Valtrex 500 mg twice a day (begin day before surgery) / antiviral
- Keflex 500 mg (Cephalexin) 1 tablet 2 times a day / antibiotic
- Lortab 7.5 mg (Hydrocodone) 1 tablet every 6 hours as needed / pain
- Celebrex 200mg take once a day / inflammation
- Ativan 1mg (Lorazepam) 1 tablet every 8 hours as needed / anxiety and sleep
- Arnica 30X (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 (321) 356-4396, with questions or concerns. If you have an emergency call 911.

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

X _____ Date _____