



FADI CONSTANTINE M.D.
AESTHETIC PLASTIC SURGERY

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CHEMICAL PEEL AFTER CARE INSTRUCTIONS

Pre-Treatment Preparation

1. Avoid tanning and direct sun exposure for 2 weeks prior to each treatment
2. Apply a sunscreen with SPF 30 or greater every day for duration of treatments.
3. Discontinue use of products containing high strength alpha hydroxy acids (such as glycolic and lactic acids) and prescription retinoids (such as Retin-A and Renova) 1-2 weeks prior to treatment.
4. Treatment areas must be free of any open sores, lesions or skin infections prior to applying the peel.
5. The day before your procedure, begin Valtrex. The purpose of this medication is to decrease your risk of developing shingles or herpes zoster after your treatment. This complication is painful and causes the highest risk of scarring therefore Valtrex is mandatory. You will continue this medication for 5 days following the procedure (6 days total treatment).

Post-Procedure Days 1-10

1. Most of your discomfort will be within the first 4-8 hours after the peel, while most of your swelling will be within the first 3-5 days. Discomfort is rare, and may be alleviated with over-the-counter pain reliever such as acetaminophen (Tylenol) or with the use of a cool compress (NOT ICE) 15 minutes every hour a few times per day. When applying a cool compress, make sure to test that the compress is not too cold on your hand first so as to not cause accidental frostbite/burns to your face!

2. After the chemical procedure, skin may peel to varying degrees (mild, hardly visible, or heavy continuous peeling) depending on the treatment received and the condition of the skin prior to treatment. Peeling may last up to 2 weeks.

3. Antibiotic ointment (Bacitracin or Bactroban) or a clinical grade moisturizer (Aquaphor) is to be applied very lightly to the treated areas 2 times daily **for the first 2 days only**. **AVOID APPLYING TO CLOSE TO YOUR EYES.**

4. Apply a non-petroleum based (Vaseline) balm to your lips throughout the day.

5. On the 3rd day, splash the treated area with tepid water and pat dry three times daily. You may also begin using the Hydrating ZO cleanser to gently wash your face. This cleanser is to be used twice daily, once in the morning and once in the evening. Apply ZO Hydrating Crème in the morning and evening for 10 days. You may apply the ZO Smart Tone Sunblock if going outside or to run an errand.

*** CONTACT LISA BAUER, RMA AFTER 10 DAYS FOR FURTHER SKIN CARE INSTRUCTIONS.**

6. **AVOID DIRECT SUN EXPOSURE AND TANNING BED USE FOR THE FIRST 2-4 WEEKS** after treatment and use a broad-spectrum sunscreen with SPF 30 or greater containing Zinc or titanium daily. Our ZO sunblock is a great option to protect your skin.

7. AVOID becoming overheated, perspiring excessively, using hot tubs, steam rooms, saunas, or excessively hot showers in the first few days after, as this can cause blistering and increase the risk of complications.
8. Minimize talking and avoid the use of extreme facial expressions. Eat a soft diet or drink liquids from a straw for the first few days to minimize tension of facial muscles and help the scab formation.
9. Sleep on back to avoid your face contacting the bedding.
10. Avoid picking, scratching, scrubbing or exfoliating the treated areas as this may result in irritation and increase the risk of pigmentation changes and scarring.
11. You may shower and wash your hair if you wish, but try not to let the shampoo or water hit your face (It will burn).
12. You may take Benadryl 25mg tablets as needed every 6 hours for intolerable itching.
13. AVOID hot tubs, swimming, or other water activities for 2 weeks.
14. Peeling occurs within 5-7 days after the peel. Continue to splash tepid water two-three times daily to clean your face during this time. Once your skin has completed the peeling process, you may again start to apply a clinical grade moisturizer (eg. EltaMD, Aquaphor) after patting dry. Use the moisturizer very sparingly and only apply to areas that have peeled.
15. Hypoallergenic cosmetics may be applied after healing is complete, usually around 10-14 days following your treatment.
16. Normal skin care routines may be resumed after your 2-3-week follow-up based on the recommendations by either Lisa Bauer, RMA or Dr. Constantine.

Post-Peel

1. All treatment areas will be extremely sensitive to sunlight during the healing phase. It is also more susceptible to hyper-pigmentation (darkening) from the sun's damaging rays and very prone to sunburn. Protect your facial skin from excessive exposure to the sun for 8 weeks. Direct sun contact or tanning booths are to be avoided. Wearing a wide brim hat and use of a clinical grade sunscreen with a SPF of at least 30 with zinc oxide (UVA and UVB protection) is recommended.

Please note:

- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.

- If you develop a fever (oral temperature greater than 100°), new redness, new swelling and/or increased pain at the treatment site(s), please call our office immediately.

FOLLOW-UP INSTRUCTIONS

Your first follow-up visit will be approximately 3-5 days after the peel. Do not hesitate to call if you have any questions or problems before then.

It is important to be seen by Lisa Bauer, RMA or Dr. Constantine after your initial post-op checks. He will see you for follow-up appointments at 3 weeks, 6 weeks, 3 months, 6 months and 1-year post-op.

If you need immediate care, please call Lisa or Dr. Constantine anytime. There is no such thing as a minor question. I would rather you call than wonder and not do the right thing.

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