

Non-surgical anti-aging treatments

**MEDISKIN CLINIC**

Suite 4, 9 Church Street, Terrigal NSW 2260

02 4385 5900

## INSTRUCTIONS FOR CARE AFTER FACIAL CHEMICAL PEEL

- Use a mild soap like neutrogena, or a soap free cleanser like cetaphil to wash your face gently for 20 to 30 seconds twice a day. Lather the soap in your hands and gently pat the soap on your face, then splash lukewarm water onto your face to rinse off the soap. Dry your face gently patting it with a clean towel.
- You may wish to apply Hydrogen Peroxide 3% diluted (mixed half with clean water) after washing your face two times a day. This is to reduce the risk of infection. Apply it by gently dabbing it on your face with cotton balls or gauze. It will bubble and may turn white. If hydrogen peroxide is too irritating and stings, you may dilute it even more with clean water.
- Apply Hydrocortisone Ointment. Apply the ointment gently, don't rub it in hard. You should use the ointment as often as necessary to keep your skin from getting dry and cracked. It is better to be too greasy than not greasy enough. Do not let your skin dry out, it will pull on the new tissue underneath and may cause red, irritated areas. This will reduce the tightness and will make you more comfortable. Don't worry if all of the ointment doesn't come off when you wash your face, it won't harm you to leave some on your face. You may develop an occasional whitehead due to all the ointment on your skin. This is normal, do not be alarmed since they will resolve over time. Also, be aware that some mild itching and burning is normal at this time.
- Be sure and minimise facial expressions during your peel. Excessive facial movements will cause it to crack prematurely. This is not a good time to see a funny movie, or see you dentist.
- ***DON'T PICK OR RUB YOUR SKIN AT ALL.*** If you must wash your hair, wash it with your head tilted backward in the shower, or in the sink. Do not wet your face in the shower, too much water will cause you to peel prematurely and leave you with red, sore areas that may lead to scarring or need to be treated again. If large pieces of skin are hanging from your face, they may be cut off carefully with a pair of blunt-nosed scissors. Do not sit in a sauna or Jacuzzi at this time, or do strenuous exercise. Sweating will make your face sting and it will cause you to peel too soon.
- ***DO NOT EXPOSE YOUR FACE TO SUNLIGHT AT ALL DURING THIS TIME.*** If you feel you have to do some exercise, you may go out for a walk in the early morning or late evening when the sun is barely out.
- During your peel think of your dark old skin (which is peeling off) as a bandage which protects the fresh new skin underneath. The longer you can keep this natural bandage in place, the better results your peel will have.
- You may have some swelling during the first 2-3 days of your peel, particularly if it is a deeper peel. This is a normal response and it will resolve on its own. However, sleeping with an extra pillow to elevate your head may help to decrease your swelling. ***DO NOT APPLY ICE PACKS OR COLD COMPRESSES TO YOUR FACE TO DECREASE THE SWELLING.***
- It is important that you try to sleep on your back so you don't rub your peeling skin against the pillow. This could create an area of prematurely peeled skin.

- After peeling, sunscreen *MUST* be used to protect the skin from the rays of the sun. You need to use it even if you are wearing a hat, since the reflected rays may also cause damage. Make-up may be used 1-2 days after finishing peeling.
- If you have unexpected irritation or possible infection, call the office immediately! *DO NOT WAIT UNTIL YOUR NEXT APPOINTMENT*. This is especially important if you feel you may be developing a cold sore on your lip. The phone number is 4385 5900.
- If you are experiencing a lot of itching, be sure you use plenty of Hydrocortisone Ointment.

### **SUMMARY**

- You will continue to wash your face twice a day with soap and lukewarm water. Don't try to wash off every bit of your Hydrocortisone Ointment.
- You must keep your face very moist with Hydrocortisone Ointment.
- You *MUST NOT* pick or rub your skin.
- Do not go out in the sun at all while peeling – EVEN FOR FIVE MINUTES! Do not use the cleaning or moisturiser routines as excuses to speed up peeling of your skin, it will only increase your risk of complications.
- Do not be alarmed if when you bend over you feel flushed or warm. This is a temporary condition which resolves after the peel has healed completely.

**If there are any problems or questions, please contact the surgery on 4385 5900**