



Allergy & Dermatology

s p e c i a l i s t s

PHOENIX

GLENDALE

SUN CITY

SUN CITY WEST

Post-Skin Peel Patient Instructions (Medium Depth)

The chemical peel you have undergone involved the application of chemicals that will cause water blisters that may break, crust, turn brown, and peel off over a period of a week.

Washing with a mild soap (*Dove, Caress, etc*) and povidone-iodine skin cleanser **twice** daily in the shower or over the sink is necessary for the first week to prevent any infection. **Use your fingertips** and **not** a Buf-Puf or other abrasive items, since the skin is very sensitive at this time. A tube of petrolatum-containing ointment (*Aquaphor, Vaseline*) or *Preparation H*, should be used during this week all over the treated area after washing. A tube is more sterile than a jar. **Do not pick at the peeled skin.**

Aspirin or Ibuprofen are recommended to be taken 3 or 4 times daily with food to reduce swelling. Sleep on several pillows the first night to as this will also help minimize any swelling. Some swelling and redness is normal and to be expected and may persist for up to 30 to 60 days.

Total Sunblock and a hat should be worn for several weeks following the skin peel to prevent skin darkening (*hyperpigmentation*) immediately after healing.

Makeup may be applied to the area once healing has begun (after 5 to 7 days). Most water-based foundations will adequately cover up any redness. Cream-based, blemish-cover makeup (e.g., *Clinique Continuous Coverage*) may be less irritating initially.

Any prescription creams can be applied after the first week, but remember, your skin will be more sensitive than usual.

If pain begins, call us immediately, as this may signal an infection, such as fever blisters.

If you have any problems or questions following the treatment please do not hesitate to call or come into the clinic.

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