

# DERMATOLOGY + PLASTIC SURGERY

*For Your Best Self*

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## PEEL PRE AND POST INSTRUCTIONS

- Chemical peels speed up the process of cell renewal and provide smoothness and a glow to your skin - improving signs of aging, sun damage, texture, complexion, excess pigmentation, and/or acne.
- Patients with active cold sores or warts, wounded or sunburned skin, excessively sensitive skin, dermatitis or inflammatory rosacea in the area to be treated should be excluded from a chemical peel because the procedure could potentially precipitate a flare up or spreading.
- If you have a history of recurring cold sores (Herpes Simplex Type I) in the area of treatment, you should start oral Famvir 500 mg twice daily for seven days. Start this prescription the day before or the day of your first treatment.
- Patients with a history of allergies, rashes, or other skin reactions may be sensitive to treatment. Chemical peels should not be performed on patients with an allergy to salicylates (i.e., aspirin), phenol, or hydroquinone.
- This peel is not recommended if you have taken Accutane, had chemotherapy, or radiation within the past year. This procedure should not be administered to pregnant or breastfeeding (lactating) women. Please also hold if you have vitiligo or other autoimmune disease.

## ONE WEEK BEFORE AND TWO WEEKS AFTER YOUR PEEL

### Avoid the following products and procedures for one week prior to your peel (unless otherwise directed):

- Retin-A, Renova, Tretinoin, Retinol, Differin, Hydroxy acids, Exfoderm, Benzoyl Peroxide
- Tanning, Electrolysis, Waxing, Depilatory Creams and Laser Hair Removal

### After your peel

- Immediately after the peel your skin will appear as if you have a “tan” and may be pink and tight.
- Please follow patient instructions provided. This is important because each peel is different. For Apeele, cleanse skin 6-8 hours after treatment with a gentle cleanser (We recommend Saluja MD Refresh), immediately apply triamcinolone (TAC). TAC can be reapplied every 3-4 hours as needed. Apply zinc prior to sunlight exposure. Continue this regimen until peeling resolves, usually 1 week. \*Vipeel instructions are different.
- In 2 days, you will start the peeling process by seeing a slight sloughing of the skin, first around the mouth area, then in surrounding treated areas. Refrain from picking or pulling at the skin during this process, as that may result in scarring. Itching is normal. Peeling lasts 2-5 days.
- Avoid vigorous sweat producing exercise until your skin has completed the peel process. This may lead to sweat blisters.

### DAYS 6-14

- Continue to treat the skin gently, avoid & protect from sun, and do not scrub.
- Avoid any facial treatments until the skin is no longer sensitive.
- Resume any topical prescriptions/exfoliants when skin feels back to normal. Hydroquinone product if pigmentation/brown is a condition or risk.