

BAUCOM & MINA DERM SURGERY, LLC  
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### CHEMICAL PEEL POST OP INSTRUCTIONS

*\*these are extremely important and must be followed closely*

#### WHAT TO EXPECT

**When you leave the office:** you will look like you have a light pink or white “film” or frosting on your skin, and you will have a thin layer of ointment on the treated areas. The light pink look will fade leaving a mild redness like a sunburn, typically within an hour or two.

**DAILY: Keep all treated areas covered with a thin layer of Aquaphor or petroleum ointment (Vaseline). The ointment application will need to be repeated several times a day as necessary to keep the area from feeling dry.** Your treatment area must **not** be allowed to dry out (with hard scabs and crusts); doing so will increase your risk of scarring.

**AT NIGHT: Apply a thicker coat of ointment prior to going to bed.** You may want to place a towel or an old T-shirt over your pillow.

**You may decrease the amount and frequency of ointment each day as your skin heals, eventually just spot treating any residual peeling or raw areas. Most patients will actually peel more than once; with subsequent finer peeling over 2-3 weeks.**

**Continue the antiviral prescription (if prescribed) for its entire course.** Call the office immediately if you have signs of infection such as fever, blisters, pustules, or thick yellow or green drainage (not clear yellow- that is normal).

ITCHING can be treated with diphenhydramine (Benadryl) every 4-6 hours as needed. If this is not adequate, call the office.

ACNE may flare up the week following resurfacing. Spot application of an over-the-counter benzoyl peroxide product such as Clearasil for sensitive skin will typically do the trick.

#### **1-2 weeks after the procedure:**

1. Begin tretinoin (Retin-A or Renova cream) every night or every other night as tolerated.
2. If you've been prescribed one you can start using the bleaching agent (Hydro-Q, Lustra, Glyquin, Melanex, Alphaquin, Solaquin, etc...) twice daily to minimize the risk of blotchy dark pigmentation in the treated areas. This is not used on every patient, but if it is part of your treatment, expect to use it for about 3 months.

Note: Patients using Tri-Luma are using a combination cream with tretinoin and a bleaching agent and do not need additional products.

3. **As soon as the skin has peeled (you no longer have “raw” spots), begin applying sunscreen EVERY DAY.** Some people will experience stinging and sensitivity to regular sunscreen lotions for a few weeks following the peel. If this is a problem, use a chemical-free sunscreen or one designed for sensitive skin. **Sunscreen will need to be used for at least six months following the procedure. We recommend that you plan to use sunscreen forever!**

#### **\*\*\*IN CASE OF EMERGENCY \*\*\***

Call (404) 844-0496 for instructions on contacting Dr. Baucom or Dr. Mina