

POST-OPERATIVE CARE FOLLOWING CHEMICAL FACE PEELING

Call our office promptly if:

- ✓ **There is an unusual amount of pain or bleeding**
- ✓ **You experience cold sore eruptions**
- ✓ **You have fever or chills.**

If any of the above should occur during regular office hours, the facial plastics nurse can be reached at 217 545-2540. The regular office hours are 8:00 to 4:30.

If the nurse is not available, the facial plastics secretary can be reached at 217 545-2598.

If it is after regular office hours (8:00 AM to 4:30 PM), we can be reached 24 hours a day by calling 217 545-8000 and asking the ENT resident on call be paged.

What Can I Expect?

- ✓ After the initial application of the peel solution, you will feel a stinging pain for several seconds.
- ✓ Within several hours, expect the pain to recur and it will last approximately 4 to 6 hours. In addition, you may develop swelling, and depending on the area being treated, it is occasionally severe.
- ✓ The pain is usually relieved or lessened by taking one or two of the prescribed pain tablets every 3 hours (as needed). Ice packs may also be applied to the peeled area(s) for relief.
- ✓ Try not to move the peeled area(s) excessively. Keep your lips stiff and avoid grimacing.
- ✓ The day following surgery any absorbent dressings can be removed and the following cleansing program should begin.

Using gauze squares or a washcloth, soak the treated area(s) with a solution of one (1) tablespoon of white vinegar and one (1) cup of cool water. This should be done at least 6 to 8 times per day until the skin is completely healed (usually within 7 to 10 days). Any bluish-gray coating should be gently soaked off. Pat the skin dry, and apply a heavy layer of Aquaphor or A&D ointment. Dilute the vinegar by half if it is too strong. You should keep the treated area(s) moist with ointments at **ALL TIMES**. Do not pick or remove crusted areas. Do not allow areas to dry out or scab over.

- ✓ Never pick at crusts or pieces of skin that do not loosen easily. They will come off with time.
- ✓ The hair follicles and sweat glands in your face contain skin elements that begin to grow after the peel. Within 5 to 10 days the peeled areas are covered with a very fine, thin layer of new skin, which must be protected against drying by using mild moisturizing creams.
- ✓ No make-up should be applied until all the areas are completely covered with new skin. This usually takes 10 to 14 days. After an office visit to check the condition of the skin, you may start using a hypoallergenic make-up base (i.e. Clinique or Almay).
- ✓ The initial redness of the peeled areas will fade rapidly, but will remain pink as the skin thickens for a period of 6 to 8 weeks. The skin will remain tense and smooth as the finer wrinkles and deep grooves become less evident. Occasionally small "whiteheads" may appear in the treated areas, but usually disappear within 2 to 3 weeks without any specific treatment. If you are prone to develop fever blisters or cold sores, you may experience a flare-up of these lesions. If you have had shingles, especially in the facial area, you are at risk for recurrence.
- ✓

- ✓ **AVOID DIRECT SUNLIGHT OR SUNLAMPS FOR 6 TO 8 WEEKS.** If the new, delicate skin is exposed too early, then blotching may occur. After this initial period you must still protect the peeled areas for at least 6 months. Wear a wide-brimmed hat and use protective sunscreen with maximum sun blockage (i.e. PreSun15). Do not restart hormone pills (birth control, etc) before discussion with the doctor.