

- DO NOT WASH OR TOUCH YOUR FACE DURING THIS PROCESS AS IT WOULD CAUSE SCARRING. THIS IS A HANDS-OFF TECHNIQUE.
- SUN PROTECTION and sun avoidance are important to prevent darkening of the skin. During the “flaking phase” your new, sensitive skin is extremely susceptible to burning from the sun. Avoiding sun exposure, even through your car windows is important.
- **Flaking Phase:** When the skin ceases mild oozing, there will be a period of flaking for several days during which debris/dead skin continues to separate. Once the skin has healed, moisturizer and sunblock can be applied several times per day.

1-2 WEEKS AFTER SURGERY:

- You may wash your face gently in the shower on day 8.
- You may reintroduce face wash after day 12.
- Moisturizer and sunblock usage may be resumed around day 12-14. **Spot test, to assess for discomfort, first and only use products from the peel kit or those cleared by your physician.**
- **Erythema (Pink) Phase:** Once the skin has healed, mineral-based makeup may be applied. It is important to continue avoiding the sun and use sunblock until the pinkness is entirely gone. This phase may last up to 8-12 weeks. Red...fading to pink...fading to your natural color. Moisturizer can provide comfort. Mild pinkness may be covered with clean makeup. A gentle cleanser should be used for removal of the more adherent makeup, but the skin should not be scrubbed. It is important to avoid scrubbing the skin.

4-6 WEEKS AFTER SURGERY:

- No submerging the area, swimming, or hot tubs for 4-6 weeks.
- Okay to return to working out 3-4 weeks after the procedure.

WHAT TO EXPECT:

- You may experience temporary pain, tingling, and warmth. The maximum discomfort will occur within the first few days.
- You will have swelling to the face and eyes. This subsides over the next 7-10 days.
- You may feel tired and fatigued so get plenty of rest.

WHEN TO CALL

- If you notice blistering on your face/eyes/body. Important to monitor for Herpes virus reactivation.
- If you have severe or increased pain not relieved by medication.
- If you have increased swelling or bruising.
- If you have increased redness along the incision.
- If you have chest pain, shortness of breath, or leg swelling.

- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have any concerns.

PLEASE CALL OUR OFFICE WITH ANY QUESTIONS OR CONCERNS: 503-748-0069