

South Louisiana

Ear, Nose, Throat & Facial Plastics

7043 Hwy. 190, East Service Rd. • Suite C • Covington, LA 70433
Phone: 985-327-5905 • Fax: 985-327-5904

Postoperative Instructions – Light Chemical Peel

Please follow these instructions. Your final result will partly depend on how well you care for the treated areas and protect these areas from irritating materials or products

Night after peel:

- Start taking your fever blister medication as prescribed
- Start applying the postpeel ointment (Aquaphor, etc.) to treated areas immediately after the procedure; continue to apply as needed to keep the area soft and moist

1st couple of day after the peel

- Begin to wash the treated areas in the shower; for some patients this may require more than one shower per day (even three); you want to prevent any crusting or scabbing from accumulating on the treated areas, as this will delay the healing process
 - o SHOWERING:
 - Use only water (no soap)
 - Use lukewarm water (avoid temperature extremes)
 - Do not pick at crusts
 - Do not rub or scrub the treated areas
 - Do not use Kleenex ©, cotton balls or q-tips on the treated areas
 - Process should not take longer than 510 minutes each time
- After shower, apply post-peel ointment to the treated areas; apply enough to prevent accumulation of any crusting and to keep your skin soft and moist
- Keep hair sprays, perfumes, or any substance with a fragrance away from the treated areas

Beginning around day 3 or 4 post-peel:

- May switch from Aquaphor© to Cetaphil©moisturizing soap and lotion
- No make-up until okay'd by Dr Guillot after your 1st post-peel appointment

South Louisiana

ENT, Facial Plastics & Hair Restoration

Jason M. Guillot, MD

7043 Hwy. 190, East Service Rd. • Suite C • Covington, LA 70433

Phone: 985-327-5905 • Fax: 985-327-5904

www.guillotmd.com • www.SoLA-ENTFPHR.com

KEYS TO SUCCESS:

- Stay away from intense sun exposure while healing and for 4 weeks after the peel; in general, it is always good for your skin to avoid intense sun exposure and sunburns
- Do not be tempted to pick or scrub the treated areas while they are healing
- Use only very mild products (water, aquaphor, cetaphil moisturizer) on the treated areas
- Take all of your preventative fever blister/cold sore medicine
- Do not use any other products (sunscreens, glycolic acid, Retin-A, astringents, etc.) on treated areas until the pinkness subsides and okay'd by Dr Guillot
- Do not begin applying your make-up until okay'd by Dr Guillot (usually one week after peel); the best make-ups are water-based, hypoallergenic; should only be applied when the skin is smooth and free of crusts
 - o With all post-peel make-up applications, it is a good idea to perform a "test spot" on a small area of treated skin that appears ready; after 12-24 hours, observe the skin for its ability to tolerate that make-up

NOTIFY OUR CLINIC IF ANY RASH OR FEVER BLISTER-LIKE AREAS SHOULD APPEAR.

REMEMBER: YOUR NEW SKIN IS AS SENSITIVE AND DELICATE AS A NEWBORN BABY'S . . . SO . . . USE GOOD JUDGMENT; AS HEALING PROGRESSES, YOUR NEW SKIN WILL BECOME MORE RESILIENT, BUT THIS MAY TAKE 1 MONTH.

FINALLY, CALL IF YOU HAVE ANY QUESTIONS.

Telephone 985-327-5905