

# CHEMICAL PEEL

## DOCTOR GERUT'S POSTOPERATIVE INSTRUCTIONS

Most acid peels make the patient appear quite unsightly for at least the first few days and for significantly deep peels, this will last a week or even more. Dr. Gerut will discuss your individual expected recuperation with you.

**If you have EVER had a cold sore, you MUST tell us BEFORE your peel. If you think you are developing a cold sore after the peel, call the office IMMEDIATELY!**

At first, the skin is frosty white for an hour, then quite red for a day or two and then, if the peel is fairly deep, your skin will be reddish brown and leathery and you will look as though you were made up theatrically to look **MUCH** older or even to look like you have had a severe burn. The leathery dead skin will peel off, leaving pink or red looking skin behind. **DO NOT PULL OFF THE DEAD, DISCOLORED SKIN.** Let it fall off by itself. **DO NOT SMOKE!!**

There are usually some blisters and crusting, in some cases, quite a lot. Please understand that this is normal. This should slowly diminish after three days.

Exercise should be avoided after the chemical peel for at least a week because of perspiration.

Direct sun exposure without sunscreen is to be avoided at any time during the acid peel program.

Beginning the day after the peel, apply Aquaphor to the entire peel area twice a day. You should wash your face twice a day. It is best to use Dove soap.

After the crust and serum buildup is totally gone, and only pink or red skin shows, over the counter 1% hydrocortisone cream three times a day for three to seven days or until the redness subsides.

Generally hypoallergenic make-up can be applied within a week. There are no other restriction except that you must avoid sun exposure for quite some time after the peel.

If you have any adverse reaction that you feel to be related to the chemical peel, please call us. If you think any problem has developed please call us.

You should be seen within ten days after your peel for a check up.

**No** Aspirin, Bufferin, APC, Fiorinal, Alka Seltzer, Ecotrin, Excedrin, Anacin, Vitamin E or any other medication not directed by Dr. Gerut for ONE WEEK AFTER SURGERY. Regarding Advil or Motrin, check with Dr. Gerut or his office staff. During the time that you are taking a narcotic pain reliever, you are to avoid driving or operating heavy machinery. Dizziness or severe drowsiness can cause falls or other accidents.

**I have been advised of the following possible complications (there are more not listed here):**

- |                          |                       |
|--------------------------|-----------------------|
| Scarring (may be severe) | Hypopigmentation      |
| Hyperpigmentation        | Bumpiness of the skin |
| Increased hair growth    | Itching               |
| X _____                  |                       |

It may be necessary for you to communicate with Dr. Gerut by text or email before or after your surgery. This communication may involve sending information about or photographs of yourself over the Internet from which you may or may not be identifiable. By your initials here you acknowledge and accept this potential breach of your privacy. X \_\_\_\_\_

I have read the instructions and possible complications, my questions have been answered and I understand the instructions and possible problems fully.

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Signature

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Date

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