



## CHEMICAL PEEL/DERMABRASION *After Care Instructions*

- After surgery, elevate your head and shoulders on 2 or more pillows.
- If you have discomfort, take the medication prescribed every 4-6 hours. It is best to take the medication with crackers, jello, etc. Do not take the pain medication if you do not have pain. Do not drink alcohol while taking the pain and/or anxiety medication.
- Most of your discomfort will be within the first 4-8 hours after the procedure. Most of the swelling will be within the first 3 days.
- Antibiotic ointment is to be applied lightly to the area 3 times a day for the first 3 days only. Following this, apply a 0.5% hydrocortisone cream (available over the counter) the area 3 times a day for the next 3 days only. This helps to reduce the redness and irritation.
- Cold moist compresses help cleanse and smooth the area. This should be applied 4-6 times a day. You may splash cool water on your face several times a day. Gently pat dry and then apply the ointment.
- Most crusting and peeling occurs within 5-7 days.
- Hypoallergenic moisturizers and cosmetics may be applied after healing is complete which is about 7-10 days after the peel.
- Your usual skin care regiment (except for *Retin-A*) may be resumed 7-10 days following the procedure.
- Your skin will be fresher and smoother at this time. It is also more susceptible to the sun's damaging rays and very prone to sunburn. Please apply sun block SPF 15 with both UVA and UVB protection every morning and then as needed throughout the day, even on cloudy days. This must be done for 6 months AT LEAST. Dr. Sorokin recommends that you keep using sunscreen every day for a year.
- Direct sunlight should be avoided for at least 12 months.
- You may resume using *Retin-A* in 6 weeks.
- If you are having pain which is NOT relieved by the pain medication call Dr. Sorokin at 856-797-0202.