



Note: the normal differential speed of peeling areas and darkened skin where peeling has not completed.

Before Chemical Peel:

Chemical peels may cause susceptible patients to develop cold sores. Be sure to let Dr. Burroughs and his staff know if you have had cold sores (fever blisters) in the past as you will need prescribed medication to avoid complications that could result in severe infection and/or scarring. Shower and wash your face prior to your peel. This will help remove make-up and oil on your eyelids and face. Do not apply moisturizer prior to your peel.

After Peel:

Discontinue the use of any preoperative creams. Do not apply make-up, cream, or lotion to your skin until peel is completed. ***Use over-the-counter 1% hydrocortisone ointment or cream twice a day followed by keeping the treated areas continuously covered with an emollient such as Vaseline or Aquaphor (never let the treated areas dry out).*** The 1% hydrocortisone may be plain or the enriched (aloe, vitamin A/E) formulations. Avoid getting the hydrocortisone in the eyes. Many patients find that chilling the emollient in the refrigerator helps soothe the skin during application.

Your skin will be more comfortable if you periodically keep cool compresses over the treated areas and keep it constantly greased with emollient. 24 hours after your peel (48 hrs. if had surgery) you may shower and gently wash your face with Ivory soap (**NO** scrubbing or picking at peeling areas, which can cause scarring). After patting dry, the facial areas (avoid the eyes) should be splashed with vinegar water (1 teaspoon in 16 ounces of water). This will sting but reduces infection risk. Then gently dry again and immediately apply the emollient to keep continuously moist (peeled areas should look glistening from the emollient).

After the peeling has completely finished the emollient may be stopped. Continue to use the hydrocortisone twice a day for up to a month unless instructed differently by Dr. Burroughs. When the skin is healed (completely peeled) a good moisturizing cream without preservative or perfume may be used. Cover-up makeup may be used at the point that you are no longer peeling. Peeling usually starts around day 4 and can take up to 10 days to complete. During the peeling process your skin will have some areas very dark and others less so. Please be aware that some areas of the face naturally peel sooner and more deeply than others. Some areas of redness may persist for a while (usually less than 1-2 months).

Avoid unprotected sun exposure for several months after your peel. Always protect the skin with a high quality sunscreen. After 1-2 weeks you may use hypoallergenic make-up. After a TCA peel improvement of the wrinkles and skin tightening will occur for up to 3-6 months. Pre-treatment and post-treatment care is very important to the safety and success of your peel. It is better to call the office if you have any concerns during the healing period.