

## *Postoperative Care of Chemical Peels and Laser Skin Resurfacing*



Please follow these instructions carefully. Your final result will depend upon how well you care for the treated areas.

### ***Week 1 (Beginning the Day after procedure):***

DO: Spray plain, lukewarm water six times daily on affected areas while using fingertips to pat skin (showering is preferable). This should be one 5-10 minutes each time depending on size of areas involved.

DO: Pat skin dry with clean, lint-free towel.

DO: Apply Polysporin ointment to skin with fingers (apply only to treated areas).

DO: Use a gentle massaging motion when applying the Polysporin ointment cream.

DO: Apply enough Polysporin ointment cream to keep your new skin and any crusting soft.

DO: Keep head elevated to 30 degrees in order to decrease swelling as much as possible.

DO NOT: Pick or scratch your new skin between treatments.

DO NOT: Use heavy application of cream.

DO NOT: Rub or wipe skin.

DO NOT: Use cotton balls or Q-tips on the treated areas.

### ***Week 2:***

DO: Continue cleansing as above if crusts are still present.

DO: Use Polysporin ointment as cleansing is continued.

DO: Keep areas moisturized with Polysporin ointment at all times.

DO: Use water-based hypoallergenic makeup if skin is smooth and free of crusts.

DO: Remove makeup in the shower with water only.

DO: Use Polysporin ointment under base makeup as moisturizer.

DO: Use Neutrogena soap (Original Formula) to cleanse skin.

DO NOT: Use any other soaps, moisturizers, cleansing creams, Retin-A, etc., until you have been instructed to do so.

**Week 3:**

DO: Use your regular makeup, if desired.

DO: Use #15 sunscreen to protect face against sun exposure.

DO: Test a small area before using sunscreen on the entire area treated.

DO: Resume reasonable physical activities.

DO NOT: Use sunscreen greater than #15 for two months.

DO NOT: Use sunscreen if irritation occurs.

DO NOT: Use Retin-A anywhere on face or body until cleared by physician.

Notify our clinic if any rash or fever blister-like areas should appear.

Finally, remember your new skin is sensitive and delicate, so use good judgment. As healing progresses, your new skin will become more resilient, but this may take three to six months. Most people agree that the final results are worth the inconvenience.

**For Questions or Emergency Care:**

Call the office at **601-815-3374**. You may need to speak with the doctor on-call.