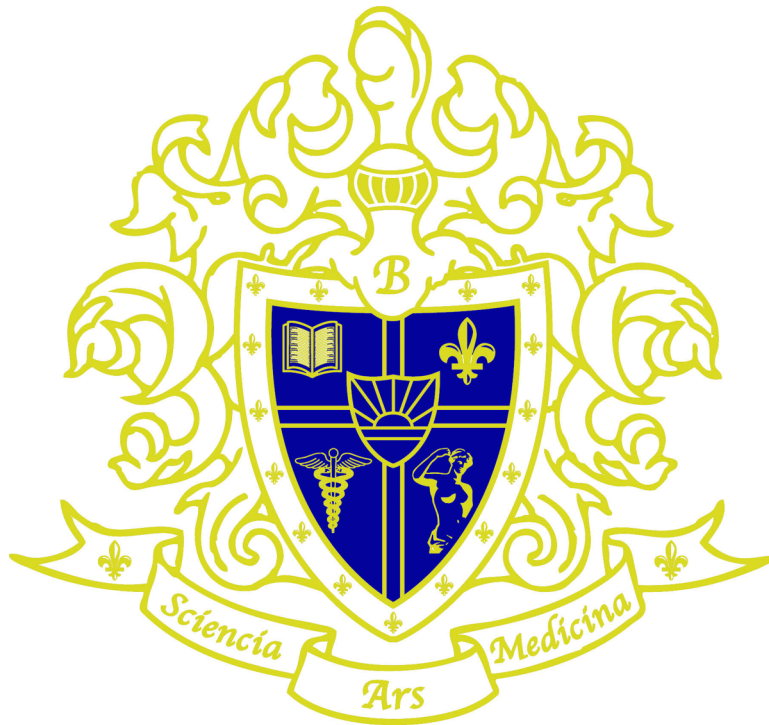


**POST OPERATIVE
FACE PEEL
INSTRUCTIONS**



Beeson Cosmetic Surgery

Introduction

The following instructions are based on experience with thousands of chemical face peels and are designed to answer practically every question regarding the "dos" and "don'ts" following this procedure. Your family should read this booklet several times and become fairly familiar with its contents. It is been our experience that faithful adherence to these instructions tends to result in a smoother postoperative course and the most favorable healing. Whenever question arises, refer back to this booklet. More than likely you will find the answer. If you still have questions, by all means, call our office.

Pain

As you remember, there was a stinging pain for several seconds following the application of the chemical peel solution. The soon disappeared, but can be expected to recur from several minutes to hours and last from 4-6 hours. This pain can usually be relieved by taking 1 or 2 of the prescribed pain tablets and by the application of cold compresses during this time. A convenient way to fashion compresses is to put crushed ice in a small basin, dip washcloths in the ice water, and then wring them lightly and apply gently over the peeled areas. The ice compresses should be discontinued after the pain subsides.

After the first night, discomfort should be markedly reduced and can usually be relieved by regular or buffered aspirin. In fact, aspirin is the medication of choice for pain and inflammation associated with this type of procedure.

Swelling

As you told before surgery, you can expect a moderate to severe amount of swelling in the areas treated. This will be especially true for the areas around the eyes and lips. Sometimes the swelling can be so great that your eyes may become swollen shut. Remember, this is only temporary. Your swelling will be the greatest by the second or third day and should begin to subside by the fourth and fifth day. You can help decrease the amount of swelling by keeping your head elevated approximately 30-40° when lying down and, beginning the day after surgery, staying up (sitting, standing, walking around) as much as possible for the next 3 or 4 days. Sometimes medications may be given to help reduce swelling.

Skin Appearance and Care

Within 24-36 hours you will notice that the peeled areas resemble a deep sunburn, and you may notice considerable fluid exuding from the skin. This can be expected because, as superficial layers of skin began to separate from the deeper layer, serum accumulates between them and the peeled regions are converted into one large "blister". Approximately 24 hours following the peel, gently wash the peel area with lukewarm water. This often is most easily accomplished by standing in the shower and using only your fingertips or a cotton ball. Do not use a washcloth. This washing should be repeated 4 or 6 times a day. Following face washing, a thick layer of Vaseline is applied to the peeled areas (like frosting on a cake) to act as a moisturizer and to prevent dryness and crusting.

Never pick at crusts or pieces of skin that do not loosen easily. Apply Vaseline to them liberally, and they should come off easily over time. (Avoid getting Vaseline in your eyes). At this time in your healing process, new delicate skin is being formed and premature removal of the softened crusts may damage this tender new skin and delay healing. Do not wear a shower cap or hairpiece that contacts any area which is been peeled, as this might result in delayed healing and jeopardized otherwise good result.

During the first 7 days, the delicate new skin is undergoing a "toughening up" process. By approximately the seventh to tenth day, most of the crusting should have disappeared and the new skin will appear intensely pink. At this stage, the Vaseline should be applied more sparingly, but gently rubbed in, much in the manner of a moisturizing cream. Within 7-10 days you should be able to use makeup over the peeled areas. Oftentimes we will switch to Eucerin lotion or to your old moisturizer instead of the Vaseline. Although they do not usually cover well, water-based makeups are more easily removed and are recommended during the early healing process. Makeup is never applied to unhealed areas.

The intense pink color usually fades rapidly in the second week, but a faint pink coloration will remain for 6-8 weeks. This usually remains tense and smooth with diminution of the finer wrinkles and the deeper grooves should be less evident. Occasionally small "white heads" may appear in the treated areas. These usually disappear in 2-3 weeks without specific treatment.

"Fever Blisters" and "Cold Sores"

Patients who have had difficulty with recurrent "fever blisters" or "cold sores" may develop an exacerbation of these lesions 4-5 days postoperatively. If you have ever had this problem, tell us. To help prevent an outbreak of fever blisters or cold sores, we will provide you with a prescription for an anti-viral medication (Valtrex). We will have you take 1000 mg of Valtrex twice a day starting the day prior to your peel and continuing for 10 days after your peel. If a fever blister or cold sore starts to develop, we may also prescribe an ointment (Zovirax ointment) to be applied to those areas 4 times a day until they resolve.

Medications

When released following your surgery, you will be reminded to continue taking the medications you were on prior to surgery. Take these as directed until the supply is exhausted. These prescriptions need not be refilled. Continue taking the prescribed vitamins postoperatively. You may also be given several prescriptions at the time of your release. One of these will be for pain. This has been discussed in the section on pain. Sometimes antibiotic will be given. If these are as prescribed, they should be taken starting immediately upon arrival at home or at the motel and should be taken until the supply is finished. If you have a history of "fever blisters" or "cold sores", other medications may be prescribed as mentioned in the sections on fever blisters and cold sores.

Depression

Because a person is so "keyed-up" before the operation, there is usually mental and physical let down afterwards. It is not uncommon for patients to feel depressed and tired following surgery. If this happens, it is not abnormal.

Is not unusual for individual to go through a period of mild depression after cosmetic surgery because, no matter how much they wanted the procedure beforehand and how much they were told about what to expect post-operatively, they are shocked to see their face swollen and perhaps discolored.

Resuming Activities

1. **Wearing eyeglasses.** If the nose area has been peeled (as in a full face peel), you should wait one week before wearing eyeglasses. The pressure of glasses resting on the nose (except for very brief periods of time) is to be avoided.
2. **Sun exposure.** Try to avoid direct rays of the sun for at least 6-8 weeks, since blotching of the peeled areas may appear if the new delicate skin is exposed to sunrays too early. This means that sunning oneself (as golfing, fishing, tenderness, and similar activities) during the sunny part of the day should be avoided during the initial 6-8 weeks. The peeled areas should be protected for 6 months by large brimmed hats and using a sunscreen with an SPF of 30 or greater.
3. **Skin care.** Continue use of skin moisturizers will be your best adjunct in nurturing the new skin and preserving its smooth and soft texture.
4. **Returning to work and resuming social activities.** When these should commence depends upon the amount of public contact and amount of sun exposure your job involves and also the degree of redness and swelling you developed. The average patient returns to work or goes out socially approximately 1 week after the peel, although this depends upon individual circumstances. Social exposure can begin as soon as makeup is worn.
5. **Athletics.** Strenuous athletic endeavors should be avoided for 1-2 weeks. Exposure to extreme heat, cold or prolonged wind (as in snow skiing or other such outdoor sports) may damage the new skin and should be avoided for 3 months. Remember, you should care for your new skin as carefully as that of a newborn baby. It will gradually toughen and tolerate most of your pre-peel activities.

Post-Operative Office Visits and Accommodations

You are usually seen in our office the day following your peel and at several intervals for the first week or two. The exact timing of these visits will vary from individual to individual depending upon the healing process and the extent of the area peeled. Please make every attempt to keep these appointments, since it is vitally important that we closely monitor your healing. If you live in another city, we prefer you stay in Indianapolis overnight so that we may check you the following morning after your peel. Obviously, if small areas are peeled or "touched-up", you may be allowed to go directly home.

Finally

Remember that swelling, crusting and redness are expected with every chemical face peel. You will be very alarmed at your facial appearance for a week or so, but be patient. Time and diligent skin care will help to obtain the best results possible. Close adherence to these instructions is vital to avoid problems, which might jeopardize your final result. Please notify us if you have any questions about your instructions or your healing process!