



BOULDER PLASTIC SURGERY Prof., L.L.C.

IV Seasons Skin Care, LLC

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POST OPERATIVE CARE FOR CHEMICAL PEELS/DERMABRASION/LASER RESURFACING – MINOR FACIAL AREAS

1. Upon arrival home, it is advisable to continue cold packs to the face for 3 to 5 days. Put ice in a bowl, pour 1 quart of water in and add a teaspoon of salt. Soak gauze sponges or wash cloth in this mixture and apply to the face. Change sponges as they begin to warm up. Crushed ice in a baggy over the gauze will prolong the cooling effect, especially overnight.
2. If you were not pre-medicated before the procedure or were treated in the office, you may want to take a pain pill. These may be taken every 4-6 hours as needed for pain. One should be taken before going to bed. Take your medications with food to minimize possible stomach upset. Be sure to take all your medications as directed.
3. It is very important to keep Vaseline on the treated areas constantly. A thin coating is sufficient. You may shower the day following treatment; the peeled areas can be gotten wet at this time.
4. The whiteness within the areas treated will gradually fade over the next 24 hours. Once this has occurred, you will notice some oozing and crust formation. This should last 5-10 days depending on the depth of the peel and should be cleaned 2-3 times per day with the salt water and a soft wash cloth. Gentle cleaning is the key. Do not pick at the crust as this will cause scarring. After cleansing, reapply the Vaseline.
5. Redness will then follow the crusting stage and will gradually fade over 6-8 weeks. Makeup may be worn approximately one week after the initial procedure providing the crusting is gone. Gradual lightening of the skin continues to occur subtly for 6-12 months after a chemical peel. The degree of skin lightening depends on the type of chemical peel, laser peel, or dermabrasion performed and the depth.
6. After crusting is gone, there is no need to continue the Vaseline but it is important to keep the area (s) well moisturized. I recommend special skin care products for this. Please ask me at your follow up visit.
7. After healing is complete, (all crusting is gone) keep sunscreen on the peeled area. This will minimize the pigment difference between treated and non-treated areas, and is mandatory while the skin remains pink in color.
8. Follow up in my office in approximately 2-3 days. Always call if there are questions or concerns at (303) 443-2277.