

# POST-OP FOR CHEMICAL PEEL

## POST-OPERATIVE ORDERS

1. Force fluids.
2. Apply ice packs during first 48 hours for 15 minute periods 3 to 4 times per day.
3. After 48 hours, start warm soaks for 15 minute intervals 5 to 6 times per day for 3 days.
4. Follow the soaks with the application of Aquaphor Healing Ointment.
5. Sleep on 2 pillows and try to keep the head upright or elevated for the first 3 days. Try to sleep on you back if possible.
6. Take medications as directed:
  - a. Vicodin
  - b. Keflex or other antibiotic
  - c. Zovirax
7. DO NOT PICK OFF THE CRUSTS AS THIS MAY LEAD TO PAIN, INFECTIONS      AND  
SCARRING.
8. Let the skin peel by itself or as you wash it with mild soap and water.
9. Do not go in the sun for at least six weeks. Wear at least SPF 15 sunscreen.
10. You may wear light, water-based makeup.
11. You may expect some redness, swelling, and discomfort for up to one to two weeks.