

## Postoperative Instructions For TCA Peel/Laser Resurfacing

1. Take medications as directed. **DO NOT** mix alcohol and medications. **DO NOT** take aspirin or any medications containing aspirin for two weeks. **DO NOT** smoke or be around anyone who is smoking to prevent wound break down or tissue death. If you are taking an antibiotic, be sure to finish it.
2. Elevate your head on two pillows until the swelling is gone. Expect some discomfort for 24 hours. (stinging, burning, etc.). Avoid widely opening your mouth to prevent cracking in the skin.
3. Ice compresses should be used four times a day for the first 48 hours. Wring the excess water out of the gauze before applying to the face. Ice compresses can be used any time postoperatively for itching and discomfort. A partially frozen bag of peas can be very soothing as well.
4. Gently wash your face at least twice a day with tap water and gentle soap. The ointment in your hair can be removed with Dawn dish washing liquid followed by conditioner. Apply aquaphor ointment to the skin for 4–8 days or until all the skin has healed and there are no crusts. Expect the skin to be very red depending on the depth of the treatment and rough as the new skin is rapidly covering your face.
5. Once the skin has completely healed we will begin Strataderm, makeup and sunscreen. The Strataderm decreases the redness and increases collagen formation. Sunscreen is also a must to help prevent blotchy pigmentation. Glo-minerals, a camouflage makeup, can be used if desired. These products are available in our Skin Care Clinic.
6. When all redness is gone, you may resume your normal skin care regimen. A small trial application is advisable first to confirm safe tolerance before returning to your normal skin care products. Your daily skin care treatment is the best way to maintain your new skin so even after your skin resurfacing procedure you need to continue with your maintenance skin care and sun screen.
7. Avoid sun exposure and heat if at all possible. When in the sun, always wear a hat and SPF 15 sunscreen. Heat and sun exposure can cause blotching and increased pigmentation.
8. Move your legs and feet often to prevent dangerous blood clots. Taking deep breaths and coughing will restore normal lung function after anesthesia.
9. Please call our office if you have questions or concerns.
10. Call our office soon to schedule your first post-op visit on \_\_\_\_\_.
11. To help maintain your new skin, we strongly recommend using a continuing skin care program to maintain the effects of your treatment. The peel does not stop the aging clock, but merely reset your skin back several years. See our Skin Care Specialist for a complimentary post peel/laser skin evaluation. This should be scheduled 3-12 weeks after your peel/laser.