

## **CHEMICAL PEEL AFTERCARE INSTRUCTIONS**

A chemical solution will be applied to your skin. This may sting and burn for two to five minutes, during which time iced compresses, will be applied. You will be leaving the office or hospital shortly after the procedure is performed. You may resume normal activities immediately unless you received other surgical procedures that require activity restrictions. During the next three to five days, your skin may turn dark and begin to peel.

## **POST-PEEL INSTRUCTIONS**

Supplies needed: Iced Cold Compresses or cold pack  
Lacrilube eye ointment or Aquaphor healing ointment  
Non-sterile cotton ("Q") tip applicators

Once or twice a day (morning and evening): Dip cotton applicators in warm water, getting them very wet. Scrub the skin **LIGHTLY** to remove only dead skin which comes off easily. **DO NOT PEEL SKIN OFF MANUALLY!** It will come off naturally.

Using another Q-tip, apply a coating of ointment to keep the skin smooth, supple, and lubricated.

**DO NOT** apply sunscreens for at least two weeks or until the skin is completely healed. You **MAY** use make-up and cover-ups when the skin is healed and pink. **You MAY** swim, shower, bathe, shave, and have your hair done, even on the day of the procedure (NOTE: if you had a surgical procedure at the same sitting, your activity may be restricted).

If, during the first few days of the healing process, you experience **MARKED** swelling of the face with noticeable **HEAT** of the skin, you aren't removing enough of the dead skin. Re-Cleanse the area, but **DO NOT** scrub vigorously on the peeled area.

**YOU MAY EXPERIENCE** one or more of the following – these are **NORMAL** reactions:

-Burning or itching eyes or puffiness around the eyes. If this occurs, bathe the eyes with cool water and apply iced, wet compresses for relief.

-A feeling of tightness, stretching, or pulling of the treated skin. This will be relieved when the peeling begins and will be relieved further by use of Lacrilube ointment.

-A general feeling of fatigue or low energy level. This will disappear after a few days. If you do have this feeling, try to get some extra rest and/or sleep.

You should avoid direct sun exposure for several weeks after a chemical peel. Once the skin is healed, usually after 2-3 weeks, you may apply sunscreen. Wide-brimmed hats or visors will help minimize exposure when you are outside.

If at any time, you have concerns or questions, we want to hear from you. Thank you for choosing Ophthalmology Partners for your eyecare needs.