

INSTRUCTIONS FOR BEFORE AND AFTER CHEMICAL PEELS

Before Your Chemical Peel

1. Make sure that your face is clean of all makeup.

After Your Chemical Peel

1. Wash your face gently with a MILD SOAP (e.g. Dove, Oil of Olay, Cetaphil), SOAP SUBSTITUTE (e.g. Neostrata Facial Cleanser, Cetaphil), or PLAIN WATER.
2. **KEEP THE TREATED AREAS GREASY AT ALL TIMES WITH VASELINE.** This is imperative for all medium depth peels. If you have oily skin use a non-comedogenic moisturizer (e.g. Cetaphil, M.D. Forte replenishing cream, Eucerin, Lipocream)
3. Gentle soaking with water and a wet towel before applying the ointment prevents any drying and helps with hanging skin. Do not pull on hanging skin.
4. If any scabbing or crusting occurs, please call the office. Dr. Rotter may need to see you.
5. **DO NOT SCRATCH YOUR FACE!** If it itches, apply 1% hydrocortisone ointment two times per day-only while needed. Remove as much ointment as possible, apply hydrocortisone, allow 5 minutes to absorb, and then apply regular ointment as needed.
6. Dr. Rotter will let you know when you may apply makeup (usually 7 - 10 days after the peel).
7. **DO NOT RESTART RETIN-A/RENOVA** until instructed by Dr. Rotter (usually 3-4 weeks after the procedure).