

 **Dr. Jaclyn A Klimczak, MD**   
Facial Plastic Surgery

**POSTOPERATIVE CARE OF CHEMICAL PEELS, DERMABRASIONS AND LASER SKIN RESURFACING**

Please follow these instructions carefully. Your final result will depend upon how well you care for the treated areas

**WEEK 1**

- **DO:** Begin applying post peel/laser ointment to treated areas immediately after the procedure. Continue to apply as needed to keep the areas soft and moist
- **DO:** Begin to rinse the treated areas in the shower the day a chemical peel or 2 days after a laser and/or dermabrasion
- **DO:** Shower 4-6 times daily. While in the shower gently spray plain lukewarm water on treated areas and pat skin using your fingertips. Do not scrub skin with anything other than the pads of your fingers. Use your fingertips in a circular motion to gently treat the areas. This will help remove any excess fluid or crusting. **Do not pick at the crusts.**
- **DO:** use only water no soap. This should be done 5 to 10 minutes each time depending on the sizes of the areas involved.
- **DO:** after using the fingertips, wash the hands with soap. The soap is not to be used to wash your face, but only to wash the hands off between showers.
- **DO:** after showering, blot skin dry with clean dry towel (double rinsed and with no softener or bleach)
- **DO:** gently apply ointment to treated areas of the skin with fingers after each wash
- **DO:** apply enough post procedure ointment to keep your new skin and any crusting soft and moist.
- **DO:** after rinsing, blot skin dry with a clean towel and reapply ointment. **Do not rub skin** use only a blotting motion
- **DO:** use cold compresses around the eyes and over skin as needed

.....**DO NOT**.....

- **DO NOT:** touch or rub your new skin with fingers between treatments
- **DO NOT:** rub or wipe skin with Kleenex or facial tissues at any time
- **DO NOT:** use cotton balls or Q-tips on the treated areas
- **DO NOT:** use makeup, lotions, soaps untreated areas until otherwise directed by you're a surgeon
- **DO NOT:** begin showers on laser or Dermabrasion areas until two days after surgery.
- **DO NOT:** shave, or pluck any hairs

**WEEK 2**

- **DO:** continue cleansing as described in week one, if crusting or flaking is still present
- **DO:** keep treated areas moisturized with a light coat of ointment at all times as long as any crusting or flaking is present
- **DO:** keep Hairspray, colognes, perfumes or any substance with the fragrance away from the treated areas at all time

**WEEK 3 and 4**

- **DO:** use ZO Obagi cleanser, Dove soap, Cetaphil or Cerave lotion soap to gently cleanse the skin. **Do not** wash with cleanser more than twice a day
- **DO:** use water based hypoallergenic makeup if skin is smooth and free of crusts
- **DO:** Use post treatment ointment or a bland moisturizer to moisturize your face

.....**DO NOT**.....

- **DO NOT:** use any products with glycolic acid, retinoids, or sunscreen
- **DO NOT:** use any other soaps, moisturizers, cleansing creams, astringents, retin A comma glycolic products on the face until pinkness subsides.



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**WEEK 5**

- **DO:** If the skin is not red or excessively pink, use oil-based makeup if desired. If you choose to use an oil based makeup, you must first test a small area for 24 hours before applying to the entire face
- **DO:** Use Obagi ZO sunscreen to protect face against sun exposure. Test a small area before using sunscreen on the entire face
- **DO:** Resume reasonable physical activities

.....**DO NOT**.....

- **DO NOT:** use sunscreen if irritation occurs
- **DO NOT:** use Retin-A or “peel” products anywhere on the face or body until cleared by your surgeon. Typically after 6-8 weeks you will be cleared to use these products.
- **DO NOT:** Have any significant sun exposure (sunning on the beach, on a boat, playing tennis/golf) even with sunscreen for at least 3 months. You will find the sun irritating and excessively warm.

**NOTIFY OUR CLINIC IF ANY RASH OR FEVER BLISTER LIKE AREAS SHOULD APPEAR**

**FRIENDLY REMINDER:** your skin is as sensitive and delicate as a newborn baby, so please use good judgment. As healing progresses, your skin will become more resilient, but this can take up to **six months**.

**Finally, please contact us at should you have any questions at the following number:**

Telephone: (561) 939-0900

**I certify that I have been given a copy of these instructions**

**Patient name:** \_\_\_\_\_

**Relationship to patient:** \_\_\_\_\_

**Patient Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Witness:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_