



TAKING CARE OF A PEEL

The most important concept in healing from a peel is to allow the old skin to stay in place as a bandage as long as possible. Anything that promotes premature peeling of this skin will increase the chances of complications.

It is extremely important that you do not scratch, pull or rub your skin during your peel. If you do, you may damage the underlying new skin and cause changes in your pigmentation or scarring.

Please realize that these warnings are for your protection. If you have any questions or do not understand the directions, always call the office before you do anything.

DAILY ROUTINE OF SKIN CARE

1. The face is washed gently twice a day with a mild cleanser. Lather the cleanser in your hands and gently pat it onto your face, then splash lukewarm water on the face to rinse off the soap. It is not necessary to remove all the traces of ointment from the face. Dry your face by gently patting with a clean towel.
2. After washing, apply a thin layer of ointment or cream provided for you. Apply the ointment gently; do not rub it in hard. You may use the ointment as often as necessary to keep your skin from getting dry and cracked. Do not let your skin dry out as it will pull on the new tissue underneath and may cause red irritated areas. You may need to apply the ointment or cream 5 times a day or more.
3. If you are experiencing itching in the peeled area, you can also apply a mild hydrocortisone ointment to help decrease the itching and we will supply this for you. This can be applied on top of the other ointment.
4. Do not use any other facial products, including your normal facial products, during your peel. You can easily react to many of your normal products immediately following your peel because of the skin's increased sensitivity. Do not get a facial or apply masks. Light makeup or powder is okay as long as it can easily be removed.
5. Avoid any vigorous exercise both to avoid sweating in the peeled area and to avoid unnecessary sun exposure. A leisurely walk in the early morning or late evening while wearing a broad-brimmed hat is okay.

6. Avoid sun exposure for at least 1 week after your peel. Remember, UVA light goes through glass so it is necessary to avoid exposure to direct sunlight, even through glass, when healing from a peel. Wear sunscreen daily and reapply it every 80 minutes while outdoors. Minimizing outdoor exposure is essential. Always wear a hat.
7. You may have some swelling during the first two to three days of your peel, particularly around the eyes. If you sleep with an extra pillow to elevate your head, this will help decrease the swelling.
8. Do not let the shower beat on your face; have it hit your back or chest. If you wash your hair, wash it with your head tilted back in the shower.
9. Avoid activities that excessively stretch the skin (i.e. hearty laughter, eating a large sandwich, or going to the dentist) which may cause premature peeling of the skin.
10. If any antibiotics or anti-virals are prescribed for you, please take them as directed.
11. If you have any questions or concerns, please call Dr. Dimino at (949) 721-8300 or after office hours at (949) 285-0177.