

PRIOR TO PROCEDURE

- Use sunscreen daily (SPF 30+) and reapply every 2 hours. Your procedure CANNOT be performed if you become too suntanned.
- Discontinue use of any retinoid products 2 weeks prior to the procedure.
- If you require pain or anxiety medication **a driver is required**. Make arrangements for a driver for the day of the procedure.
- Notify us if there is any change in your physical condition prior to the procedure (cold, fever, infection, etc.). Call if you develop any active cold sores prior to the procedure.
- You may be prescribed several medications for this procedure. The antiviral and antibiotic should be taken as prescribed.
- If prescribed pain and anxiety medications *Bring these with you to the appointment.*
- Hydrocortisone cream may also be prescribed, but do not use this unless you are itchy (approximately day 3).
- Make sure you purchase **4-6 gallons of distilled water, 1 small bottle of distilled white vinegar, petrolatum ointment, gauze, and gloves** for after the procedure.

DAY OF PROCEDURE

- Please eat a good meal before your procedure. DO NOT drink any caffeinated beverages before the procedure. DO NOT smoke before the procedure.
- Shower and wash your treatment areas with antibacterial soap. Wear an old button-down shirt and loose, comfortable clothing.
- Do not wear contact lenses, makeup, lotion or jewelry.
- Male patients should shave their beard and mustache if those areas are to be treated.
- If you have been prescribed pain or anxiety medications, bring these to the appt
- You MUST have someone else drive you to and from the appointment, and someone to monitor you for several hours after the procedure if you require pain and anxiety medications. If you require pain medication the next day (which is rare) or you feel groggy, you will need a driver for your first post-procedure appointment as well.

SYMPTOMS TO EXPECT

- Hot sunburned sensation the day of procedure
- Swelling
- Weeping/oozing for 24-48 hours
- Pinpoint bleeding/scabbing for 24-48 hours
- Extreme redness and dryness
- Itching (beginning days 3-4)
- Acne/milia breakouts if you are prone to Rosacea, Perioral Dermatitis, or Acne
- Pinkish hue for several weeks to months

- Heat and sun sensitivity

IMPROVING YOUR RESULTS

- Strictly avoid all sun exposure while skin is healing. Use sunscreen daily (SPF 30+) and reapply every 2 hours after all of the crusting has stopped.
- Wear protective clothing, hats, and sunglasses for 4 weeks after your procedure.
- Light makeup may be applied over sunscreen once all the crusting has naturally fallen off.
- If you were on hydroquinone (bleaching) cream prior to the procedure, you will need to start using it again **2 weeks** after the procedure, unless otherwise instructed by the doctor.
- Pink skin is completely normal and may last for up to 6 weeks or longer after the procedure.
- Do not work out for 7 days after the procedure since heat can cause blisters.
- DO NOT PICK.
- BE PATIENT. COLLAGEN STIMULATION AND SCAR TISSUE IMPROVEMENT TAKES 3-9 MONTHS. YOUR FINAL RESULTS DO NOT OCCUR FOR 6-9 MONTHS AFTER THE PROCEDURE.

THINGS TO AVOID AFTER THE PROCEDURE:

- Avoid direct sunlight.
- **NO** tanning beds.
- Avoid sunless or spray tanners.

REASONS TO CALL THE OFFICE

- Although extremely rare, infections MAY OCCUR. Infection usually will start after day 3. Symptoms include worsening redness, pus draining from the skin, or worsening swelling with associated pain. If any of these symptoms occur, phone us immediately.
- Itching that is not resolved with hydrocortisone ointment or Benadryl.
- If you have any other concerns not listed here, please call the office at: 406.587.4432 ext. 5

COMMON QUESTIONS

1. What can chemical peels treat?

- Fine superficial lines around the mouth, cheeks, and eyes
- Enlarging pores or a textural changes of the skin (peau d'orange skin texture)
- Brown spots and hyperpigmentation that may not respond to light-based lasers (BBL/ IPL) or **light** chemical peels.

2. Do I still need Botox/Dysport and fillers after Chemical Peels?

Medium-Deep chemical peels do not replace the need for fillers if you have volume loss, Botox/Dysport for the movement of the muscles of the upper face, and surgery for excessive skin laxity.

3. How long is the procedure?

The procedure takes approximately 15-20 minutes.

4. What happens if I hyperpigment?

Hyperpigmentation can be a natural response to a procedure. It is not permanent, and a lightening cream can be prescribed if this occurs. Copious use of sunblock and staying out of the sun decrease the risk of hyperpigmentation.

5. How often do I repeat this procedure?

The procedure lasts anywhere from 2-5 years depending on the aging process. It may be repeated every 6 mo until desired results are reached. You will continue to age over the course of 2-5 years and many people ask for another treatment eventually.

6. When can I wear makeup?

Most people are allowed to wear makeup after day 7.

7. When can I shower?

You may shower and wash your hair after day 2 but be careful with the treated area. Do not allow shampoo and conditioner to run onto the treated area.

8. How quickly will I see results?

Most patients see results in the first month. Collagen does not start to change for 3-6 months though and some patients may take longer to see their result.

SPECIFIC RISKS:

Redness

Redness of the skin (erythema) is normal and should be expected after chemical peels. Rarely, redness can persist for 2-6 months or longer.

Swelling and Bruising

Temporary swelling (edema), bruising (ecchymosis) or itching of the treated areas usually subsides in 3-7 days, occasionally longer. Any "blood thinners" can increase the risk of bruising (aspirin, NSAIDS, Coumadin, Plavix, Vitamin E, Fish Oil, etc).

Pain

Although rare, some patients may experience a burning sensation. If you have severe pain, please call the office for an evaluation.

Wound Healing

Oozing, weeping, crusting and flakiness persists for 7 days and occasionally longer. This depends on the intensity of the treatment, the area treated, and your natural ability to heal. Textural changes and acne scars can take 6-9 months before collagen has changed and remodeled so, please be patient.

Infection

Although infection is very rare, bacterial, fungal and viral infections can occur. Herpes Simplex Virus infections (cold sores) around the mouth can occur/recur following treatment. Even patients with no history of cold sores may develop an infection. Antiviral medication must be prescribed and taken both prior to and following the procedure in order to suppress an infection from this virus. Should an infection occur, additional treatment may be necessary. Let us know if you have any other infection (i.e., ingrown toenail, insect bite, urinary tract infection, upper respiratory infection, stomach virus). Remote infections may lead to an infection in the treated area and post-operative care is very important to avoid infection of the treated skin.

Smokers

People who smoke or have a significant history of smoking are at greater risk of developing complications. Wound healing will be much slower and improvement in fine lines may take much longer or require a second treatment.

Milia

White heads or small cysts can occur because of the use of Petrolatum Ointment or Aquaphor during the 7 days of healing. These are treated with extraction 4-6 weeks after the treatment is over.

Allergic Reactions

Allergic reactions can occur due to the medications used in the process of chemical peels. A topical numbing cream medication for infections and sedation, and post-operative cleansing agents, Petrolatum Ointment, Aquaphor, moisturizers and sunblock can all create an allergic reaction. Please call the office immediately if you think you are developing a reaction or have a known allergy to any of the above products.

Scarring

Although good wound healing after treatment is expected, abnormal scars may occur within the skin and deeper tissues. Infection or trauma (i.e. picking) can cause the chemical peel to advance deeper into the skin than desired and result in scar tissue. In rare cases, hypertrophic (thick) scars or keloid scars may result. Scars may have a different color than the surrounding skin tone. Very rarely, scarring of the eyelids could potentially result in problems with lid closure or drooping of the lower eyelid (ectropion). In some cases, scars may require surgical revision, injectable steroids, or additional laser treatments.

Color Change

Temporary changes in skin color can occur including lightening (hypopigmentation) or darkening (hyperpigmentation). Temporary darkening of the skin can occur 3-8 weeks after treatment, especially in darker skinned people or those with a history of melasma. A line of demarcation between treated and untreated skin can occur due to a difference in color, sun damage, and texture of the skin. It is extremely important to follow post-operative instructions to avoid these problems. It is also important to protect the skin from sun exposure with an SPF 30 or higher. Permanent undesirable color change is possible but very rare. If hypopigmentation (lightening of the skin) occurs, it may be permanent.

Sun/Heat Sensitivity

Sun exposure and excess heat should be avoided for 6 months. Absolutely no sunbathing is permitted for 6 months. Sunbathing encourages pigment changes and irregularities requiring further treatments to improve the color changes. Protection of the skin from sun exposure is



Medium Depth Chemical Peel Pre-Care

important in general but more important after laser treatments and chemical peels. An SPF 30 or higher should be used. Tanning (outdoors or indoors) should be avoided to protect your skin from UV induced skin aging (photodamage) and cancer risk.

Eye Injury

There is a remote risk of accidental eye injury by chemical peels which could cause blindness or burns to the eye. Protective eye shields may be used to protect the eyes from blindness and corneal burns. Corneal abrasions ("scratch" of the eye) can occur from the eye shields used to protect the eye from injury. Most corneal abrasions are minor and heal quickly; however there is a risk that a corneal abrasion could lead to permanent scarring of the cornea.

Risks defined here are uncommon but are the ones most associated with chemical peels. Other complications can occur but are even more rare. There is always an extremely remote risk of serious complications and death with any medical procedure. Please note: Although good results are expected, results can be variable. Fees paid are for the services performed, not for the expected outcome.

This information packet has been prepared especially for you. Please read these instructions ahead of time so that we may answer all of your questions prior to your procedure. Please share this information with whomever will be helping you during your recovery.

For questions during our business hours of 8 am - 5 pm, please call:

Medical Assistant: 406.587.4432 ext. 5
