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Aftercare Instructions

CHEMICAL PEELS

Phenol; Trichloroacetic Acid (TCA); Alphahydroxy Acids (AHA)

This is an outpatient procedure and is generally performed in the office.
Have someone drive you home after procedure and help you at home for 1-2 days.

Get plenty of rest; follow balanced diet.

Decreased activity and pain medication may promote constipation, so you may want to add more fresh fruit to your diet, and be sure to increase fluid intake.

Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.

Do not drink alcohol when taking pain medications.

If you are taking vitamins with iron, resume these as tolerated.

Do not smoke, as smoking delays healing and increases the risk of complications.

If prescribed, continue to take antiviral medication after your procedure.

Activities

Walk as soon as possible, this helps reduce swelling and lowers the chance of blood clots.

Do not drive until you are no longer taking narcotic pain medications.

Phenol:

Resume normal activities and return to work in 2-3 weeks.

Do not do much talking the first few days.

TCA:

Resume normal activities and employment in 7-10 days.

AHAs:

Resume normal activities and employment immediately.

Treated Area Care

Avoid prolonged exposure to the sun.

Always use a strong sun block, if sun exposure is unavoidable (SPF 30 or greater).

Check daily for signs of infection.

Patients should avoid aspirin and non-steroidal anti-inflammatory drugs such as Motrin, Advil, St. John's Wart or high doses of Vitamin E supplements, etc. for 7-10 days prior to injection because these substances can cause increasing bruising or bleeding.

If you have previously suffered from facial cold sores, there is a risk that a chemical peel could contribute to another recurrence. Under certain circumstances an antiviral medication is prescribed to prevent this.

Avoid sun and wind until your normal skin color returns.

Do not use makeup until the crusting is completely gone.

Phenol:

Hair is shampooed after the crust is completely off and healing is complete.

TCA:

Hair is shampooed after the crust is completely off and healing is complete.

AHAs:

Hair can be shampooed the next day.

What To Expect

Temporary throbbing, tingling, swelling, redness.

Acute sensitivity to sun exposure.

Phenol:

Your eyes may be swollen shut for 1-2 days.

Your face may become quite swollen.

Swelling should disappear in 2-4 weeks.

Crust will form on treated area and peel off in 7-14 days.

New skin formation in 7-21 days.

Your face will be very red at first -- up to 3 months or longer; gradually fading to a light pink.

Slow recovery -- Complete healing may take 3-6 months.

TCA:

New skin formation in 5-10 days.

May have significant swelling, depending on the strength of the peel.

Moderate discomfort and any mild swelling should subside within a week.

Healing is quick.

AHAs:

May have temporary stinging, irritation, crusting, flaking or scaling and dryness of skin.

Appearance

Smoother and improved skin texture; younger, fresher-looking skin.

Phenol:

Permanent lightening of treated skin and loss of ability to tan.

Results are permanent, although new wrinkles may form in the aging process.

TCA:

Loss of pigmentation is less a risk.

AHA:

Loss of pigmentation is low risk.

Follow-Up Care

Phenol:

If tape was used to cover your face, it will be removed in 1-2 days.

TCA:

Two or more additional peels may be necessary to achieve desired result.

AHAs:

Periodic treatments may be necessary until desired effect is achieved.

When To Call

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increasing redness in the treated area.

If you have severe or increased pain not relieved by medication.

If you have any side effects to the peel or medications, such as rash, nausea, headache, vomiting.

If you have an oral temperature over 100.4 degrees.

If you have any yellowish or greenish drainage from the area associated with a foul odor.

If you have bleeding in the area that is difficult to control with light pressure.

If you have loss of feeling or motion.

If you notice any herpetic lesions on the treated or surrounding skin or mucosal surfaces.

For Medical Questions, Please Call:

(615) 921-2100 Monday-Thursday 9:00 AM-5:00 PM and Fridays 8:00 AM – 12:00 PM. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.