



JONATHAN HEISTEIN, M.D.  
PLASTIC & RECONSTRUCTIVE SURGERY

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## CHEMICAL PEEL HOME INSTRUCTIONS

### ACTIVITY

- You must take it easy.
- Do not do any strenuous activity for 24 hours.

### MEDICATION

- ***Do not take aspirin/ibuprofen-type pills unless directed by Dr. Heistein!***
- Take pain medication as prescribed and directed.
- Take Regular or Extra-Strength Tylenol 1-2 tablets every 4-6 hours as needed for lesser pain.
- Ask Dr. Heistein about medication for fever blisters if you have ever had one.

### WOUND CARE

- ***Do not smoke!***
- ***Do not expose the area to the sun of tanning bed!***
- You may shower but do not bathe, swim, or otherwise submerge in water– remove any bandages, wash gently with soap and water, then reapply as directed (see below)
- Apply Bacitracin (antibiotic) ointment twice daily for 2-3 days – you may need to apply it more frequently if it dries out.
- After 2-3 days, then apply moisturizing cream 2-3 times per day to keep moist.
- Cover with dry gauze if small area.

### PROBLEMS

***Call Dr. Heistein if you have problems or concerns. Observe and call for any of the following:***

- Temperature above 101.
- Excessive drainage.
- Increased pain that is not relieved by pain medication.
- Nausea or vomiting.
- ***If unable to contact Dr. Heistein in an emergency situation, go to the nearest emergency room.***

### ANESTHESIA

- If you had general anesthesia, you may have a sore, dry throat. Throat lozenges and/or gargles may give relief.
- If you had local anesthesia, you may have pain at the peel site when the medicine wears off.

### SPECIAL INSTRUCTIONS \_\_\_\_\_

### FOLLOW - UP

- Please call tomorrow to schedule your post-operative appointment for tomorrow \_\_\_\_\_  
(unless previously scheduled)