



JONATHAN HEISTEIN, M.D.
PLASTIC & RECONSTRUCTIVE SURGERY

C H E M I C A L P E E L

H O M E I N S T R U C T I O N S

A C T I V I T Y

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

M E D I C A T I O N

- ***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.

W O U N D C A R E

- ***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.

P R O B L E M S

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.***

A N E S T H E S I A

- 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.

S P E C I A L I N S T R U C T I O N S _____

F O L L O W - U P

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