**T. Y. Steven Ip, M.D.**

# PLASTIC SURGERY

**CHEMICAL PEEL**

**AFTER CARE INSTRUCTIONS**

## Pre-Op

The day before your procedure you will begin Valtrex, four times daily until prescription complete.



## Days 1-5

Most of your discomfort will be within the first 4-8 hours after the peel, while most of your swelling will be within the first 3-5 days.



Bacitracin ointment or Aquaphor is to be applied **very lightly to the area 2 times daily for the first 2 days only.**



**On the third day,** splash with tepid water and pat dry three times daily**. Do not apply any more moisturizers at this time to allow for the peeling to begin.**



Do not apply cold cloths or ice packs to face.



Apply a non-vaseline balm to your lips throughout the day.



Your first follow-up visit will be approximately 3-5 days after the peel. Do not hesitate to call if you have any questions or problems before then.



Avoid the use of extreme facial expressions.



Sleep on back avoiding your face contacting bedding. Do not allow water or shampoo to contact treated area.



Do not prematurely remove flaked skin by pulling, picking or rubbing.



## Days 6-10

Peeling occurs within 5-7 days after the peel. Continue to splash tepid water two-three times daily to face. Once dry, you may apply Aquaphor, **very sparingly, only to areas that have peeled, two-three times daily.**



Hypoallergenic moisturizers and cosmetics may be applied after healing is complete, about 7-10 days after the peel.



Normal skin care routines may be resumed after recommendations by your physician or aesthetician.



1

## Post-Peel

The skin of your face is sensitive to sunlight. Protect your facial skin from the sun. Wear a wide brim hat and apply sunblock SPF 30 or greater, one that has both UVA and UVB sun block protection.



Your skin is fresher and smoother at this time. It is also more susceptible to hyper- pigmentation from the sun’s damaging rays and very prone to sunburn.



# IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. IP

If you are a patient at one of the facilities below, please call between the hours of 8:30-6:00. If you need immediate care, please call Dr. Ip anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Ip’s cell: (949) 548-0300

Dr. Ip’s email: [tystevenipmd@mindspring.com](mailto:rod.rohrich@utsouthwestern.edu)

Dr. Ip’s website: [www.](http://www/)[surgery-plasticsurgeon](http://www.drrohrich.com/).com

Newport Beach Office

351 Hospital Road, Suite 319 Newport Beach, CA 92663 (949) 548-0300

Park Avenue NYC Office 799 Park Avenue

New York, NY 10021 (855) 742-8800

2