

PRE- AND POST-TCA PEEL OR LASER RESURFACING INSTRUCTIONS

General Cleaning Instructions for the First Five Days

1. Remove ointment with a damp, soft cloth. Ensure that all ointment is removed.
2. Wash gently in a circular motion with a damp cloth using a mixture of ½ Tablespoon of white vinegar and 1 cup distilled water.
3. Rinse off with distilled water by gently splashing the face over the sink or squeezing a soft, damp cloth over the area.
4. Dry the area gently by patting off the water with a soft cloth.
5. Apply Aquaphor ointment evenly over entire peeled or lasered area using a cotton swab. We recommend applying ointment at least twice a day, or more frequently if needed to avoid drying out of your skin. Be generous in your application. A thick coating ensures that all your skin is well moisturized.
6. Cleansing should be done twice a day for the first day. After that, you may begin cleaning up to four times per day. Wash your face less if it causes too much discomfort.

General Cleaning Instructions for Days Six Through Ten

1. Remove ointment with a damp soft cloth. Ensure that all ointment is removed.
2. Wash gently in a circular motion with damp cloth using Cetaphil cleanser (instead of the vinegar and water). If the Cetaphil cleanser feels astringent on your skin, continue to use the vinegar and water until you are able to tolerate the Cetaphil cleanser.
3. Rinse off with distilled water by gently splashing the face over the sink or squeezing a soft damp cloth over the area.
4. Dry area gently by patting off water with a soft cloth.
5. Apply AQUAPHOR ointment evenly over entire peeled area using a cotton swab. We recommend applying ointment at least twice a day, or more frequently if needed to avoid drying out your skin. Be generous in your application. A thick coating ensures that all your skin is well moistened.

Showering Instructions

For the first three days, you may clean your hair in the sink and your body in the shower or bath; try to keep water from the area of your face that has undergone a chemical peel or laser resurfacing. Your skin is too sensitive to tolerate direct exposure to water at this point.

After the first three days, you may rinse your face in the shower by letting water gently hit your forehead and run down your face. You should avoid any extremely hot water because this may cause a significant burn. The goal is to have your skin peel off easily. Sometimes you may see yellowish buildup or crusting. Gently remove this buildup with a wet cotton swab. It is strongly advised that you apply or remove ointment, crusting etc. with cotton swab and not with your fingers. Your fingers may contaminate your open wounds with bacteria. Listen to your skin. You don't need to be aggressive.

After the First Eight to Ten Days

After the first eight to ten days, a new skin layer typically will have formed. At this point, you may stop applying Aquaphor to your face and start Cetaphil lotion. HOWEVER, DR. GARDNER AND HIS STAFF WILL INFORM YOU WHEN IT IS SAFE TO TRANSITION FROM THE AQUAPHOR TO CETAPHIL LOTION AFTER CAREFUL EXAMINATION IN THE OFFICE. AVOID ANY DIRECT AND PROLONGED SUN EXPOSURE.

WHAT TO WATCH OUT FOR

Your skin will remain a light-red to pink color for one to three weeks, but may return to your normal skin tone earlier. You may be experiencing dermatitis (an irritative reaction) if you notice that your skin turns significantly redder (or bright red), becomes irregular in contour (lumpy-bumpy), or you begin to feel significant burning sensation. If you begin to notice these changes, stop applying whatever products to your skin that may be irritating it and contact us immediately. Little white bumps (known as milia) in the peeled areas usually resolve, however, sometimes we need to unroof them with a sterile surgical instrument if these cysts persist.