

CHEMICAL PEEL

ITEMS YOU'LL NEED AT HOME

- **Valacyclovir** – Prior to your treatment you will receive a prescription for Valacyclovir. Please have your prescription filled and begin taking the medication the day before your procedure.
- **Vinegar Solution** – for your post procedure soaks.
 1. Boil one pint of water
 2. Add one tablespoon of white vinegar
 3. Allow to cool, then place in a clear jar and cover
 4. Place in the refrigerator
- **Vaseline**
- **Ibuprofen or acetaminophen**
- **Ice packs** (frozen peas or corn are acceptable options)

THE DAY OF TREATMENT

- Bring a wide brim hat or umbrella to your appointment
- When you get home start vinegar soaks. Soak clean gauze (4" x 4" pads work great) in the cold vinegar solutions then apply it to the affected area for 20 minutes every 2 hours. Do this for the first two days to prevent infection.
- You may apply ice packs over soaks for pain relief.
- Avoid sun exposure for six weeks following your procedure.

24 HOURS AFTER TREATMENT

- After the first 24 hours you may begin gently cleansing your skin twice daily. Use a mild non-detergent cleanser like CeraVe or Cetaphil
- Continuing soaking
- Apply Vaseline to peeling area after soaks
- Do NOT peel skin

Note: Redness worsens for the first 3-4 days. The skin then starts to peel which can last 7-10 days.

ONE WEEK AFTER TREATMENT

At the end of one week, the bright red color will start to fade to pink and your skin will have the appearance of a sunburn. This should fade in 2-3 weeks. You may use make-up or a tinted sunscreen.

Please call the office if you have any questions or concerns during your recovery period.



CONTACT US

Please contact our office if

- You have a fever higher than 102°
- The pain is the worst for the first 24 hours. If your pain increases after the first day or will not go away with the help of over-the-counter medication

559-472-SKIN