

## **Saints Dermatology**

### **Medium Depth Chemical Peel Wound Care Sheet**

#### What to Expect:

1. Swelling will occur immediately after the peel and last for 48 hours. One can take aspirin or ibuprofen for the first 24 hours to alleviate discomfort and reduce swelling.
2. The skin will initially turn brown and red. This is followed by a brown crust that forms on the skin. This crust will come off 4 to 8 days after the peel. The underlying newly formed skin is bright red but will fade to a pink color resembling a sunburn. After 7 to 10 days, the top layer of skin has peeled and make-up can be worn.
3. After 2-4 weeks, the redness resolves fully and Retin-A and sunscreen can be restarted as tolerated. If the redness does not fully resolve, let your doctor know as this can be a sign of infection.

#### Wound Care:

1. Soak the skin that was treated four times per day with warm compress made with a solution of 1 tablespoon of white vinegar in one pint of water. Then apply Vaseline or Aquaphor after each soak.
2. Avoid sun exposure until redness resolves fully and when sunscreen can be worn.
3. Complete 14 days of acyclovir or valacyclovir.
4. One should not undergo another chemical peel for at least 9 months.

If you have any questions, contact your doctor at (405)271-6110.