

Chemical Peel

Pre & Post Operative Instructions

Preparing for a 'Local Only' Procedure

- **Option A: Local Anesthesia Only:** This option involves the use of medications like Lidocaine to numb the specific area of your body where the surgery will be performed. You remain fully awake and alert during the procedure, feeling no pain in the treated area. This method is ideal for patients who prefer the simplest form of anesthesia, allowing for a quicker recovery time and minimal postoperative side effects.
 - You do not need to fast, and may eat & drink whenever you choose.
 - You may drive yourself home & do not require a caregiver after surgery.

Shopping List

- ☐ **4x4 Gauze Pads:** The gauze pads will be used to gently cleanse the face starting from day 3 post-op.
- ☐ **Vaseline:** This will be used to apply a thin layer to the crusted areas 2-3 times a day from days 3-17 post-op.
- ☐ **Gentle Cleanser (Optional):** A gentle cleanser like Cetaphil can be used for washing the face 1-2 times a day starting from day 3 post-op, if desired.

Pre-Operative Instructions

Four Weeks Before Chemical Peel

- **Reducing/Stopping Nicotine:**
We recommend reducing or stopping nicotine (including cigarettes, e-cigarettes, patches, lozenges, or gum) for 4 weeks before and after your chemical peel.
- **Why?**
Nicotine restricts blood flow and can impair your skin's ability to heal, increasing the risk of complications. Any reduction helps improve your outcome.

Two Weeks Before Chemical Peel

- Reduce or stop alcohol consumption to decrease the risk of bruising and swelling, and to improve the healing process.

The Day of Surgery: Your Preparation Guide

On the day of your surgery at Asia Pacific Surgery, we prioritize your comfort, safety, and the success of your procedure. To help everything go smoothly, please follow these guidelines carefully:

- **Bathing:** Please shower but do not apply lotion, perfume, or hair products, etc.
- **Jewelry and Valuables:** Remove all jewelry and refrain from bringing valuables to the clinic, including piercings from the neck up. We cannot take responsibility for lost items.
- **Makeup and Skincare Products:** DO NOT wear any makeup or apply skincare products on the day of your surgery.
- **Clothing:** Opt for loose, comfortable clothing that doesn't need to be pulled over your head. A button-up or zip-front top is ideal for after the surgery.
- **Communicating Questions or Concerns:** If you have any last-minute questions or concerns, please get in touch with us immediately. See the last page of this document for contact information.

Our team is committed to making sure you feel fully prepared and confident in the care you'll receive.

Post-Operative Instructions

Sleeping

- **Sleeping Position:** For one week following your chemical peel, sleep on your back with your head elevated by 30-40 degrees, using 2-3 pillows. This position helps minimize swelling and prevents the chemically treated areas from pressing against your pillow. Avoid sleeping on your side to ensure optimal healing.

Face Care

- **Face Care:** Do not touch, wash, or apply any treatments to your face for the first two days after your chemical peel. This allows the acid to neutralize and ensures optimal results.
- **After Two Days (for the next 10-14 days)**
 - **Washing Your Face:** After the initial two-day period, gently wash your face 1-2 times a day with cool water using a 4x4 gauze. This helps to cleanse and remove exfoliating skin and crusting that develops.
 - **Applying Vaseline:** Apply a thin layer of Vaseline 2-3 times a day to the crusted areas. This encourages the crusts to separate sooner and supports the healing process.

What to Expect

- **Swelling:** Swelling of the face and/or eyes is common, and typically begins to reduce by the third day after treatment and may improve with intermittent rest. Physical activity can transiently worsen swelling but is encouraged.
- **Pinpoint bleeding:** Pinpoint bleeding may occur, but will stop after the first 24 hours. This is normal. Variable redness, streaking, or splotches may appear. This is nothing to be concerned about as it just reflects variation in healing.
- **Itching:** Itching at the chemical peel areas is normal for the first few weeks. You may take Benadryl to help reduce the itching sensation.
- **Oozing:** Oozing is common and generally looks like yellowish drips on the skin. Blot these areas gently with a clean, soft tissue as needed.
- **Discomfort:** It is normal to experience tightness, soreness, and fatigue for several days to weeks following your procedure as your skin recovers.
- **Burning:** Burning, hotness, redness, warmth, and a sunburned sensation are normal and

anticipated responses following your chemical peel.

- **Milia:** Occasionally small white bumps called “milia” may appear. Milia typically resolve on their own without any treatment.

Nutrition and Hydration Guidelines Post-Chemical Peel

- **Stay Hydrated:** Keeping hydrated is crucial for your skin’s recovery. Aim to drink at least 8-10 glasses of water daily, equivalent to about 2 to 2.5 liters. During recovery, you might find yourself needing more water than usual — it’s important to listen to your body’s cues. Try to limit or avoid beverages that can dehydrate you, such as those containing caffeine and alcohol.
- **Avoid Certain Substances:** Enhance your skin’s healing by reducing or eliminating high-sugar and heavily processed foods. It’s also advisable to avoid nicotine and alcohol as they can impede your recovery by affecting blood flow and dehydrating your skin.
- **Diet:** Start with small light meals and progress as tolerated.

Activity

- **Sun Exposure:** Strictly avoid sun exposure for the first eight weeks following your treatment. Direct sunlight can burn and discolor your treated skin. If you need to go outside, apply sunscreen with a minimum SPF of 30, wear a wide-brimmed hat, sunglasses, and make an effort to stay in the shade.
- **Return to Work:** Most patients need about 5-7 days off work, depending on the nature of their job responsibilities and the extent of face-to-face interactions required. Adjust your return based on how your recovery progresses and in consultation with your healthcare provider.

Bathing & Swimming

- **Showering.** You may shower with regular soap and water the day following your procedure.
 - Make sure to avoid getting soap or shampoo on your healing face.
- **Hot Tubs, Baths, and Swimming Pools:** Avoid full submersion in bathtubs, Jacuzzis, and swimming pools until your skin has fully healed and you have clearance from your surgeon—typically around 2-4 weeks.

Signs of Infection or Complications

It’s important to monitor your recovery and be aware of any signs that may indicate an infection or complication. Contact your surgeon immediately if you experience any of the following:

- Increased redness, warmth, or swelling around the incision site
- Pus-like or foul-smelling drainage from the wound
- Fever over 101°F (38.3°C)
- Severe pain that is not relieved by prescribed medication
- Excessive bleeding or new bruising
- Persistent chills or feeling unwell

Prompt communication with your healthcare team ensures the best possible recovery. Do not hesitate to reach out if you have concerns.

Follow-up Care

- **Prioritizing Appointments:** Attending follow-up appointments is crucial for monitoring your recovery & ensuring the effectiveness of your treatment.

Patient Communication Guide: Who to Contact Post-Operation

Type of Concern	Contact Information	Instructions/Examples
Non-Urgent Questions or Concerns for Dr. Ching or Dr. Long	Email: clinicalrn@drshimching.com	• General recovery questions • Appointment inquiries • Prescription refills
Urgent Questions or Concerns	Office Phone: (808) 585-8855 <u>After 5pm or on weekends:</u> Dr. Ching & Dr. Long @ Physician's Exchange (808) 524-2575	• Swelling, bruising, or redness • Severe pain • High fever • Unusual discharge or odor • Uncontrolled bleeding
Medical Emergencies	Call 911 or go to the nearest emergency room	• Difficulty breathing • Chest pain • Severe calf pain • Signs of heart attack or pulmonary embolism

Our Commitment to You:

We are here to support you throughout your recovery journey. Your safety is our priority, and we encourage open communication. By guiding you on the most appropriate communication channels for your concerns, we aim to provide efficient and effective care, ensuring you feel fully supported & cared for.