

Post Peel Instructions

- ∞ Continue your antiviral medications until completed.
- ∞ Most discomfort will resolve the first day while swelling may last 3-4 days.
- ∞ You should clean your face frequently (3-5 times per day) to remove any crusting or debris. Gently wash your face with a mild soap and use your finger tips to clean. Do not use a wash cloth or other abrasive surfaces.
- ∞ Continue to apply ointment or Aquaphor after cleansing to maintain the moisture of your face until your skin has regenerated.
- ∞ Generally, crusting and peeling lasts about 5-7 days.
- ∞ Your skin is still delicate and can sunburn easily or be damaged by the sun. Once your skin has regenerated, you should apply moisturizers containing UVA and UVB protection with a minimum SPF of 30 for a minimum of 6 months.
- ∞ You may return to your normal skin care regimen after healing is complete – usually about 7-10 days. Discuss this with Dr. Patel.
- ∞ You may resume wearing your hypoallergenic and non comedogenic makeup after healing is complete – usually about 7-10 days.
- ∞ Your skin will be smooth and improved and you should protect it with daily skin care maintenance, moisturizing, and sun protection (UVA and UVB) for a minimum of one year, but is an excellent idea to make this routine care for your face.
- ∞ Call the office if you experience any problems such as:
 - Foul or cream colored drainage
 - Fever or Chills
 - Any areas that worsen in appearance