

PHENOL PEEL INSTRUCTIONS

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You will need to gather the following items before your peel:

- Vaseline, 2 large tubs, plain (unscented, no additives)
- white vinegar
- white washcloths, 6-12 (or you can cut up an old towel)
- benadryl

Get your prescriptions filled:

- pain medication
- antibiotic
- anti-viral medication
- anti-nausea medication (if needed)

The morning of your peel:

- ★ no breakfast, nothing to eat or drink for 8 hours prior to surgery (except medications with a sip of water)
- ★ you may wash your face with a mild cleanser or soap, do not apply moisturizers, make-up or any skin care products

After your peel:

- ★ keep the Vaseline handy, apply as needed to keep the treated areas covered, many patients will keep one tub in the fridge to help "cool down the burn"
- ★ take medications as prescribed
- ★ drink lots and lots of fluids, use straws the first few days while your lips are swollen
- ★ beginning the first morning after your peel, wash your face 3-4 times per day with a solution of one teaspoon white vinegar in one cup tap water, apply with your hands and use a wet washcloth to gently remove all of the Vaseline and any loose, soft material; blot dry and reapply Vaseline
- ★ paper towels help in blotting excess fluids between washings
- ★ once you have healed, which will take 7 to 12 days, Dr. Eades will tell you when to discontinue the vinegar washings and switch from Vaseline to a light moisturizer such as aquaphor
- ★ vinegar can be used to clean off everything that inevitably gets Vaseline on it (door knobs, remotes, even your hair)
- ★ sleep with your head propped up on pillows and cover your pillows with towels to keep fluids from staining your linens
- ★ when healing begins, so does the itching, use benadryl as directed on the package

Things to remember while healing:

- your eyes may swell shut for 24 hours or so, the swelling is temporary, it will peak at about 48 hours after surgery and then gradually diminish
- when washing your face, do not scrub so hard as to cause bleeding, doing so can lead to scarring
- Dr. Eades did not talk you into this procedure, the swelling will go away and the results will be worth it