

****LEYNGOLD INSTITUTE FOR PLASTIC SURGERY****

BLUE PEEL FOR EYELID AND FACIAL REJUVENATION

Patient Care Guide

When you decide on a Blue peel or resurfacing treatment to reduce wrinkles and remove skin imperfections, it is suggested that you prepare your skin. Please read **ALL** of the instructions carefully.

Skin care before Blue peel treatment

To prepare your skin for treatment, it is suggested that you use a peeling and a bleaching lotion or cream such as Tretinoin 0.025% and Hydroquinone. It is also very important to simultaneously start using sunscreen with titanium or zinc. Begin use of these products several weeks before treatment.

The peeling and bleaching lotion should be applied lightly to the area to be treated each evening before going to bed. Since your skin will become more sensitive you must use sunscreen while using this product and after a peel. The skin of some patients will dry or chafe when using peeling creams. If this happens, stop applying the cream to the eyelids and the corners of the mouth (if getting a full-face Blue peel) and reduce use to every other evening.

The combination of sunscreen, sun avoidance, lightening creams, and peeling creams reduces the chances of post-treatment pigmentary changes. The use of sunscreen with titanium or zinc whenever you will be exposed to the sun is very important before and after peels.

Blue peel of the face may cause susceptible patients to develop cold sores. To reduce the chances of developing cold sores, one tablet of Zovirax (Acyclovir) should be taken three to four times daily. Start using Zovirax in the morning one day before treatment and continue for several days.

Skin care on the day of treatment

Shower and wash your face on the morning of treatment and remove all make-up and oil on your eyelids and face. Men should shave on the morning of treatment. Do not eat or drink anything on the morning of treatment unless the peel is to be done in the office procedure room with only oral or no sedation. The only exception to this is that any prescription medicine you normally take in the morning. Zovirax and blood pressure medicine may still be taken with a small sip of water. If you use insulin, ask the surgery center how the dose should be adjusted on the morning of surgery.

Immediately after treatment, a cool ointment will be applied to the treated area. You will be given a prescription for pain medicine if needed, although many patients find Extra-Strength Tylenol sufficient.

All patients must have someone to drive them home.

Skin care 0-5 days after Blue peel

Discontinue use of the preoperative peeling and bleaching cream(s). Do not apply any make-up, cream, lotion to your skin. Use the Desonide ointment (prescribed to you by your doctor) twice a day and keep the area covered with Vaseline continuously. Continue to take Zovirax three times daily. Use Extra-Strength Tylenol or the prescription pain medicine as needed. If you notice nausea or vomiting, discontinue the prescription pain medicine, as it is almost always the cause. Many patients find that keeping the Vaseline refrigerated helps to cool their skin when they apply it.

Your skin will be more comfortable if you keep ice packs over the treated area and keep it greased. During the first 48 hours after treatment, we recommend applying a clean, damp washcloth and a large bag of frozen peas on top of the wash cloth as needed for discomfort. Two bags of frozen peas are alternated between the face and being refrigerated. Elevating your head by sitting up or lying down with at least two pillows under the head will reduce swelling.

On the day after surgery we have patients begin showering once or twice a day with a gentle face scrub with **Ivory soap**. After patting dry, the face is splashed with vinegar water (1 teaspoon in 16 ounces of water). **To avoid facial burn it is critical to use at least 16 ounces of water for dilution.** This will sting, but it is an excellent antibacterial and antifungal. After showering, reapply the Desonide and Vaseline.

After a week the Vaseline may be stopped. Continue to use the Desonide ointment twice daily for three more days. When the skin is nearly healed, a good moisturizing cream

without preservative or perfume may be used. Cover-up makeup may be used after two weeks.

Try to avoid sun for several months after surgery or use sunscreen with titanium or zinc. After two weeks, patients may use hypoallergenic make-up. Patients can return to the lightening and peeling creams about three to four weeks after surgery and use sunscreen when outside. Maintenance use of peeling and lightening cream(s) after healing will preserve and enhance the results. With a Blue peel, improvement in wrinkles and skin tightening will occur for about three to six months. Pre-treatment and post-treatment management of your skin is almost as important as the peel itself. Only you can help with this part of your care. Working together we can achieve the best possible results.