



# CENTER FOR RECONSTRUCTIVE and COSMETIC SURGERY

## INSTRUCTIONS AFTER CHEMICAL PEEL OR LASER RESURFACING

Date of Surgery: \_\_\_\_\_ Time of Surgery: \_\_\_\_\_

Post-Op Appt. Date: \_\_\_\_\_ Appt. Time: \_\_\_\_\_

1. Continue to take your Valtrex twice daily for the next seven days.
2. Frequently wash the peeled area with water-soaked gauze, and gently wipe away any excess debris. You may also shower and wash your hair as usual. It is okay for the water and shampoo to run over the peeled area although it might be sensitive.
3. After each washing, apply a generous amount of Aquaphor ointment. The process of washing and moisturizing with the Aquaphor is done six to eight times daily for approximately five to seven days. It is important to keep the peeled area well-moisturized and free of scabs and/or debris.
4. You will have frequent follow up appointments during the first two to four weeks after the procedure. Dr. Kaplan will monitor healing and assist you with a skin care program to maintain your results.
5. Usually after one week, you will be able to switch from Aquaphor ointment to a rich moisturizer with sun protection factor (SPF).
6. Please call Dr. Kaplan's office at the first sign of:
  - Odor or drainage containing pus
  - Fever or chills
  - Any areas that show signs of worsening
7. Your peeled area will be completely healed in 10 to 14 days. At this time, our office can assist you with applying camouflage make up.
8. Approximately three weeks after your chemical peel, restart your preoperative regimen of Retin A and hydroquinone. Continue for approximately three months. The Retin A can be continued indefinitely. Be sure to wear a sunscreen or makeup with SPF whenever out in the sun.
9. Do not wear makeup for two weeks after surgery.

Notes: \_\_\_\_\_

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**DR. JONATHAN KAPLAN, MD, MPH**  
(225) 765-7731  
Evenings and weekends, call the office number  
and ask the operator to contact Dr. Kaplan  
or the plastic surgery fellow on call.

**CENTER FOR RECONSTRUCTIVE  
AND COSMETIC SURGERY**  
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*This information is not intended to replace medical advice of your doctor or health care provider.  
Please consult your healthcare provider for advice about a specific medical condition.*