



COSMETIC SURGERY  
OF LAS VEGAS

DR SAMIR PANCHOLI

## Obagi Blue Peel / Laser Peel - Post Procedure Care

**Shopping:** Obtain these items before surgery.

- Prescriptions:
  - Valtrex: Start one day **before** your peel is scheduled
  - A half hour before you **arrive** to the office
    - Take one aspirin
    - Take 400 mg of ibuprofen
    - Take one Lortab
    - Take one Valium.
- Supplies:
  - Eucerin Original Crème
  - Cetaphil Cleanser
  - UVA/UVB SPF 30 sun protection
  - Concealer
  - Paper Towels
  - Misting Bottle
  - Distilled Water
- Food – Day 1: Simple, easy to digest foods (toast, crackers, Ensure or Boost, pudding, soup, etc.)  
Day 2-7: Avoid foods that require heavy chewing.  
Day 7 and forward: normal diet.

### **Dressings/Bandages:**

- We will apply a layer of moisturizing crème over your treated areas.
- Keep the treated areas moist with Eucerin Original Crème.
- You may need to apply the crème multiple times a day to maintain the moisture.
- It is very important to prevent the skin from becoming dry.

### **Wound Care:**

- Starting the day after surgery
  - 3 times a day, using your fingertips, gently wash your face with Cetaphil Cleanser.
  - Pat your face dry with a clean *paper towel*.
    - Do not *wipe* your face dry – pat it dry.
    - Do not use a cotton towel.
    - This will help promote exfoliation of the top layer of skin, which you may see come off on the paper towel.
  - After washing and drying your face, completely moisten all treated areas with a thin layer Eucerin Crème.
  - Between washings, use a mist distilled water on your face to help keep your skin moist and comfortable.
  - It is critical to keep the resurfaced areas moist during the first several days of healing.
  - Do not pick at your face if crusting or scabbing occurs.

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Patient:

Date: 8/17/2010

## Activity:

- Up to 2 weeks:
  - Avoid heavy exercise or lifting
  - Avoid perspiring on your face
- Up to 1 week:
  - Avoid driving while still taking prescription pain medication
- Up to 24 – 48 hours:
  - Sleep with your head elevated 30 to 45 degrees with several pillows to help decrease swelling.

## Special Instructions:

- Alleviate mild stinging of treated areas the first few days with your prescription pain medication.
- Treated areas may remain reddened or pink for up to 3 months.
- Protect sensitive skin from sun exposure for at least the first year – full 12 months.
- Notify Dr. Pancholi so he may change your medication if:
  - You develop viral fever blisters.
  - You have developed viral fever blisters in the past.
- Peeling and crusting of the skin usually stops in 7-10 days.
- DO NOT scratch or itch your skin.
- Make-up can be worn after crusting and peeling have stopped **and** Dr. Pancholi has approved.
  - You may desire concealer initially to mask any slow resolving pinkness.
- All products should be hypoallergenic and noncomedogenic so to not irritate the sensitive healing skin.
- Do not drive any vehicles or operate and heavy machinery:
  - 36 hours following your surgery.
  - 4 hours following your last dose of pain medication.
  - 8 hours following your last dose of sleep medication.
- Prescriptions:
  - If you have a sensitive stomach, take your antibiotic with yogurt.
  - If your pain medicine is making you sick:
    - Lower the dose.
    - Take it with food.
    - Notify Dr. Pancholi.