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DERMABRASION /CHEMICAL PEEL/LASER INSTRUCTIONS

1. Chemical peels may be performed without anesthesia, although certain patients may wish to have an intravenous sedation. In the case of dermabrasion and laser treatment either intravenous sedation or local anesthetic infiltration, or both, are necessary.
2. Someone must accompany you from the office or hospital.
3. After your procedure Dr. Bartlett will apply a thin layer of Aquafor ointment. You are to maintain the following regimen at home:
 - a. Each day in the AM and PM you are to wash your face with a gentle soap such as Aveeno soap for dry skin, Oilatum soap, Basis soap or any other high quality soap for dry skin. Pat the foam from the soap on your face and then rinse with water. Blow dry with cold air for 10-15 seconds.
 - b. Twice a day, in between washes, you are to apply compresses for 5 minutes. The compress solution can be made by mixing one tablespoon of white vinegar in one pint of water. Apply the compresses with gauze that Dr. Bartlett will supply to you. At this time if there are any secretions or fluids that have oozed from the peeled skin they can be gently remove with light circular motions of the gauze. Not all of the fluids will be removed at any given session, this is a step-wise process.
 - c. After washing or compresses you may apply a thin coat of Aquafor. Dr. Bartlett will supply this.
4. Dr. Bartlett will see you in the office several days after the procedure to check the status of your skin. You will probably have another appointment approximately one week after the procedure.
5. Pain medication will be prescribed such as Percocet or Tylenol with codeine, but most patients do not find these necessary. Tylenol or Motrin can be taken instead with fewer side effects.

6. You must maintain a quiet activity level and must avoid activities that would cause stretching of your face, (including talking on the phone). Give some thought to your post- procedure diet. Foods that involve less chewing and little stretching of the mouth are best.
7. After 7-10 days most crusts should have fallen off. You may begin to use any high quality moisturizer. If all crusts are gone light makeup may be worn at 14 days after the procedure.
8. If at any time during the healing phase you begin to experience increasing pain, fever, or evidence of cold sores please call Dr. Bartlett immediately. His office phone is 617-735-1800.