



SMITA R. RAMANADHAM, M.D.  
PLASTIC SURGERY

*Chemical Peel before and after instructions*

Before treatment:

The day before you should begin Valtrex. This prescription will be given to you prior to the procedure and is extremely important to decrease your risk of Shingles. This virus is activated during any resurfacing procedure. This should be taken daily starting the day before to 5-7 days after.

After Treatment:

Day 1-5:

It is normal to have discomfort and burning during the peel and up to 8 hours after. This should then decrease.

It is normal to have swelling which can last for 3-5 days and will then decrease.

EltaMD sunscreen should be applied lightly to the skin 2-3 times daily for the first 2 days. Do not wash your face during this time. Do not rub or scratch the area.

You may notice your face will feel tight in the first 24-72 hours. This is normal.

On the third day, gently splash your face with lukewarm water and gently pat dry 3 times per day. Do not apply moisturizers at this time to allow your face to peel. Do not wash with soap.

Do not apply heat or cold to your skin.

Apply a non-vaseline lip balm as needed to your lips only.

Do not peel any loose skin. This will cause scarring and pigment changes. You can cut off already peeled areas of skin with clean manicure scissors. It is best to allow the skin to peel on its own.

Avoid extreme facial movements.

It is okay to shower, however, keep face dry.

You will be seen by Dr. Ramanadham 5 days after your peel.

Day 6-10

Peeling should continue from day 5-10. Continue to splash water on face.

Apply EltaMD to areas that have already peeled. Keep unpeeled areas dry without moisturizer.

Once peeling is complete, you can wash your face with Cetaphil gently and apply Elta MD throughout



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Do not wear makeup until cleared by Dr. Ramanadham. She will also inform you as to when you can return to your normal skin care regimen. This will be done during the second office visit in 10-14 days.

Your skin may be pink or red following completion of peeling. This is normal and will improve

Your skin will be sensitive to sunlight in the first year after treatment. Wear a hat, sunscreen daily, and sunglasses.

Sunscreen should be at least 30 SPF and should be applied daily regardless of weather conditions. If you will be outside, it should be applied every 2 hours.

Call Dr. Ramanadham's office immediately if you note fevers, drainage, worsening pain or swelling, or unusual rashes.