Member
AMERICAN SOCIETY OF PLASTIC SURGEONS

KIRWAN
PLASTIC SURGERY

THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY

Pre and Post-Operative Instructions – Chemical Peel

Pre-Operative Instructions

- Avoid sun exposure, waxing, or any other exfoliating facial treatments for seven to 14 days prior treatment.
- Must not have an active herpes simplex breakout or any other infections or open wounds on the area to be treated. If you have a history of herpes, please let us know in advance so we can pretreat you with Valtrex.
- Must not have had any ablative laser treatments within the past month from treatment date.
- Notify your doctor if you have taken Accutane within the last 12 months, as it may affect your treatment.
- If you are currently using a retinoid, and your skin is typically flaky or sensitive from use, stop using the product seven days before your peel.
- If you are pregnant or breastfeeding, please notify your technician.

Post-Operative Instructions

- It is recommended to wait four to six hours after the peel has been applied to wash your face.
- Please avoid strenuous exercise for 24-48 hours after the peel treatment.
- Men should not shave for two days following treatment.
- Wash your face gently twice a day with a gentle cleanser. Do not rub, pick, or scrub your face while washing or during the healing process.
- If irritation or excessive dryness occurs, apply ointment suggested by Dr. Kirwan.
- Approximately 48 hours after the treatment, your skin will start to peel. This peeling will generally last five to ten days. DO NOT PICK OR PULL THE SKIN.
- It is imperative that you use a sunscreen with an SPF of at least 30 Broad Spectrum and avoid direct sunlight for one to four weeks.
- Avoid all sun exposure for two weeks following treatment.
- You may resume the regular use of Retin-A, alpha-hydroxy acid (AHA), or bleaching creams after the peeling process is complete.

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- A repeat treatment may be performed monthly depending on the reason for the peel, the strength of the chemical peel, and the results obtained.
- It is normal to not have any visible peeling. Some people's skin sheds slower and the flaking may take place over a longer period of time, meaning it is still shedding but not to the visible eye. If you do not have peeling, it does not mean you did not get a result.
- If you should have any questions, please call the office at 203-838-8844