



1072 Troy Schenectady Rd. Latham, NY 12110

Post Operative Cleansing & Moisturizing For 35% TCA Peel

PROCEDURE DAY:

1. **Apply Aquaphor Healing Ointment** with Q-tip as needed to dry areas including edges keeping all treated areas moist.
2. **Apply Ice Packs** (twenty minutes on, twenty minutes off) to face, especially eyes. Reapply Aquaphor Healing Ointment as needed.
3. **Keep Head Elevated** above chest.

The Following cleansing routine will be started 2 days following your procedure, unless otherwise instructed.

1. Remove ointment gently with cotton squares or soft wash cloth.
2. Wash gently in a circular motion using a *mixture of ½ tablespoon white vinegar to 1 cup of distilled water* for the *first five days*.
3. Rinse off with plain *distilled water* by gently splashing face over sink.
4. Sometimes you may see yellowish build-up or crusting. Soaking this area will help soften the skin. Gently remove this build-up with a wet Q-tip. Listen to your skin. You **don't** need to be aggressive.
5. Dry area by patting gently. Reapply Aquaphor ointment.
6. Initially, **For TCA PEEL Patients** cleansing should be done **twice daily** in the am and pm for the first two days. You may then begin cleansing up to **four times** per day if you wish.
7. At five days **stop** using vinegar and water solution. Begin using Cetaphil Cleanser.
8. Use Aquaphor ointment for **ten** days. At **ten days** use Fragrance Free & Sunscreen Free Cetaphil moisturizing lotion for dry sensitive skin treatment.
9. If skin feels dry, reapply Cetaphil throughout the day.

If some areas are dryer than others, Aquaphor Healing Ointment can be applied. Aquaphor Healing Ointment may be applied at night if skin is dry, continue using the Cetaphil lotion during the day.

_____ **Prescription for Valtrex**

SUPPLIES NEEDED

- _____ COTTON BALLS -- COTTON SWABS / Q-TIPS
- _____ VINEGAR (WHITE)
- _____ DISTILLED WATER
- _____ AQUAPHOR HEALING OINTMENT (Lg tub)
- _____ CETAPHIL LOTION (without SPF)
- _____ CETAPHIL CLEANSER – (gentle cleanser)

It is very important to your well being that you follow all instructions given to you by this office completely. If you are concerned about anything you consider significant please call the office at **(518) 786-7000**.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health. You may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

Edwin F. Williams, III, MD