



Post Phenol Instructions

Days 1-3:

1. The Phenol peel procedure is designed to cause a mild to moderate controlled burn to the skin. Facial swelling is normal and expected post procedure. Patients may also experience stinging, burning, and redness.
2. You may apply cold compresses to your face as often as you feel necessary for the first few days to relieve itching and burning. Soak paper towels in a bowl of ice water then apply gently to your face. Be sure to only use plain white paper towels.
3. Over the course of the next 4-5 days the swelling and redness will generally increase. You may have areas of pigmentation, including white, brown, or yellow. There may also be areas of crusting. It is normal for your face to appear worse as the skin begins to heal post procedure.
4. Wash your face gently with Dermaceutic Advanced Cleanser. Apply the foam to your whole face and allow to sit for a minute to dissolve the ointment, then rinse gently with water. Do not scrub your face.
5. It is important to let areas that are peeling or crusting naturally come off.
6. You will need to limit your daily activity, avoid all exercise for at least 2 weeks. Gentle walking is acceptable, but any increase in blood pressure or perspiration will cause irritation to the skin.
7. You will need to avoid direct sun exposure for at least 6 months post procedure. You should always keep your face covered with strong sunscreen when you will be exposed to sun. Sun exposure can cause hyperpigmentation or discoloration.
8. **DO NOT** apply any other creams, lotions, oils, or medications to your face that have not been specifically prescribed by our office.
9. Apply SkinCeuticals Hydra Balm or Aquaphor liberally to your face throughout the day. Either ointment you are using should be applied in a thick layer to keep the face from being exposed to air.
10. Gently wash your face twice per day with Dermaceutic Advanced Cleanser foam. Then apply SkinCeuticals Hydra Balm or Aquaphor liberally to your face. We recommended that you have both ointments available to use.



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11. You may shower and wash your hair 24 hours after your procedure. Do not directly face the showerhead, allow water and soap to gently run down your face.
 12. You should sleep with your head elevated on several pillows to keep your head above the level of your heart. This will aid to reduce swelling.
 13. You may take Advil, Aleve, Motrin, or similar medications every 4-6 hours as needed for pain relief. Benadryl may be taken to relieve itching.
 14. Avoid foods high in sodium as this will increase swelling.
 15. Take any other medications as prescribed.
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Days 3-7:

1. Continue to wash your face with the Dermaceutic Advanced Cleanser foam twice daily, followed by application of Hydra Balm or Aquaphor.
 2. Continue to apply Hydra Balm or Aquaphor liberally to your face throughout the day. Either ointment you are using should be applied in a thick layer to keep the face from being exposed to air.
 3. You may let warm water gently wash over the area in the shower, this will help to loosen any dry or crusting areas. Do not pick or scrub at your skin.
 4. You will be advised on when to start other post procedure products and make-up at your one week follow up appointment.
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One Week Follow Up:

1. At this time you may or may not be advised to stop using the Hydra Balm or Aquaphor ointment.
 2. Continue to wash your face with with the Dermaceutic Advanced Cleanser foam twice daily. If advised to discontinue post procedure ointments, then apply K-Ceotic Post Treatment cream with SPF 50. Otherwise continue applying Hydra Balm or Aquaphor until advised to switch.
 3. Remember to avoid sun exposure for at least 6 months post procedure. You should always keep your face covered with strong sunscreen when you will be exposed to sun. Sun exposure can cause hyperpigmentation or discoloration. This includes sunlight through windows. Wear a hat and sunglasses when outside.
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Four Week Follow Up:

1. At this time, **unless otherwise advised**, you will have you post procedure MicroPeel treatment with our clinical skin care specialist. You will also be given skin care recommendations to aid your skin in further improvement, maintaining your results, and protecting your investment in your skin.

Notify the office in the case of:

- Any unusual discomfort
- Oral temperature greater than 101 degrees Fahrenheit
- Bleeding
- Rash
- Severe Itching

If you have any problems or concerns please call the office at (603) 294-4526.

Patient _____ Date _____

Witness _____ Date _____