

RECOMMENDATIONS AFTER CHEMICAL PEELS



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FOLLOWING THESE RECOMMENDATIONS AFTER THE PROCEDURE AIMS TO PREVENT DISCOMFORT AND / OR COMPLICATIONS SUCH AS: pain, inflammation, appearance of bruises and spots. For these reasons we recommend the following:

1. Burning

After a chemical peel, a minimal sensation of pain or burning may persist, which can be controlled by taking acetaminophen 500 mg every 8 hours. Most patients report that this discomfort is temporary (1 day). Avoid taking non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen, or diclofenac.

- During bathing do not use soaps on the treated area, just let plenty of water at room temperature run down.

2. Inflammation and redness

Peelings can cause inflammation, most of the times it disappears within 5 to 7 days.

To help inflammation and redness resolve quickly:

- Do not apply creams, gels, moisturizers (facial routine products) for 24 hours after the procedure, except a mild facial soap and sunscreen.
- Do not exercise the same day of the procedure, you can resume exercise on the next day.
- Avoid entering saunas, swimming pools or steam baths for the next 7 days.

3. Flaking

The presence of scales after a peeling is frequent. Most of them disappear within 5 to 7 days.

To promote quick resolution, keep in mind:

- Avoid scratching the treated area.
- Avoid manually removing scaly areas.

4. Pigmentation (appearance of spots)

Occasionally, some patients may have a tendency to present spots after these types of procedures, which is known as post-inflammatory hyperpigmentation. To prevent it:

- Avoid being in the sun for the next 21 days.
- Make sure you have sunscreen on the areas, apply in the morning and repeat the application every 4 hours.
- In case of persistence, you can inform the treating doctor so that she can formulate the appropriate medication to treat them.

5. Alarm signs

If days after the procedure, you present:

- Fever identified with a thermometer.
- Redness, pain, and warmth at the treated site.
- Pain that is not controlled with the recommended medication.

- Any other signs or symptoms that concern you.

Please contact us at the support doctor's cell phone:

323-225-1183 from Monday to Friday from 7:00 a.m. at 6:00 p.m. and Saturdays from 8:00 a.m. at 1:00 p.m. In case you think it is an emergency, you should go to the nearest emergency service. Avoid self-medicating.

6. Follow up

Generally, the specialist who performed the procedure will schedule a review appointment.

This type of treatment often requires several sessions.

Please report any adverse event, incident or complication, through any of the following:

- Directly with our staff.
- Supporting physician cell phone: 323-225-1183
- Calling the phone (604) 444-35-37 extensions 106 and 112.

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