

CRUISE PLASTIC SURGERY

180 Newport Center Drive, Suite 150, Newport Beach, CA, Ph: 949-644-4808, Pager: **949-310-8055** Back up: **949-266-4018**

PRE - & POST- OP INSTRUCTIONS

TIME FOR SURGERY: 45 MINUTES

CHEMICAL PEEL

RECOVERY TIME: 1 - 3 WEEKS

BEFORE SURGERY

1. Avoid sunbathing for 2 weeks prior to surgery.
2. Arrange for someone to drive you to and from surgery if you take Xanax.
3. Be prepared for your face to be red and peeling for the first 7 to 10 days.
4. Please make sure to let Dr. Cruise know if you have ever taken Accutane or have had oral herpes.
5. Six - week pre-treatment with OBAGI skin care line, Ratin-A and Hydroquinone yields optimal results and decreases risk of hyper pigmentation. It is a requirement on darker skin patients.

THINGS TO PURCHASE BEFORE SURGERY

1. Medications.
2. Bacitracin or Neosporin - drug store.
3. Hydrocortisone Cream 1% - drug store.
4. Hydroquinone - our office.
5. Mineral Mist adds relief to the skin and promotes healthy healing - purchase at our office.
6. Wide brimmed hat to protect yourself from the sun on the way home. You might consider a shawl to cover your face. You will not want people to see your face.
7. Coverage Make-up. Oxygenetix - breathable coverage make-up. Available in our office. When you are ready for coverage make-up, Joanne will match the right tone to your skin.

THE DAY OF SURGERY

1. Shower and clean your face aggressively with soap to remove facial oils. Do not apply anything to your face including moisturizers or make up.
2. Shave facial hair (men).
3. Do not bring any jewelry or valuables with you on the day of surgery.
4. Pack your bag before you leave to the surgery. This should include:
 - all paperwork
 - reading glasses
 - your identification
 - warm cotton socks
 - all medications
 - hat and shawl to cover your face before you leave

AFTER SURGERY

1. No bandages are necessary.
2. Apply thin layer of Bacitracin to peeled area twice a day or more if peeled area becomes dry. After the peeling has stopped you may stop using it.
3. You may ice your face for the first two days. Remember not to put ice or anything hot directly onto skin because you may have decreased awareness of temperature damage. You may use ice packs or frozen peas, etc.
4. Do not scratch area as bleeding will cause prolonged healing and possible hyper pigmentation.
5. Stay out of prolonged exposure to sun for at least 4 months or use sun protection.
6. You may start applying make up when peeling has stopped and skin is no longer irritated.
7. Post peel splotchy redness is common. It will fade away over time. It may persist for up to 6 months. Hydrocortisone is helpful to clear up this redness.
8. Begin Hydroquinone when peeling is finished. This will help prevent hyper pigmentation. Finish entire bottle.
9. After 10 days continue with adequate skin care to maintain your results.

WHAT TO EXPECT AS YOU RECOVER

1. Your face will be purplish right after the procedure and then will gradually turn brown and leathery. When the skin peels the underlying new skin will be pinkish.
2. If swelling occurs you may use hydrocortisone cream. Also use hydrocortisone to diminish itching and redness. Use Bacitracin if your face becomes dry. If you have a lot off swelling during the first few days, consider sleeping at a 45 degree angle as well as icing your face. Do not apply ice directly onto your skin, use a towel or paper tissue.

WHEN TO CALL US

Post surgical complications are rare and are often easily solved by the doctor if you notify us. Call us if you experience any of the following: a temperature of 101 F or higher, your face becomes painful, you notice blistering or if you think that

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anything is wrong. Please call the office during regular business hours @ 949-644-4808 after hours call Dr. Cruise @ 949-310-8055. If either of the previous numbers fails please call our Back-up line @ 949-266-4018.

Patient Signature

Date

Representative of Cruise Plastic Surgery