



DAINES PLASTIC SURGERY

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## PEEL

### Post-Treatment Care

- For the first 3 days, wash your skin gently 3 times a day with a mixture of ½ tablespoon white vinegar to 1 cup of distilled water.
- Rinse the vinegar solution off with distilled water. Gently pat your skin dry. Do not pick at any small scabs or crusts that develop.
- Generously apply Aquaphor Healing Ointment to your skin after you finish cleansing.
- On the fourth day, you can reduce the number of times you wash your face to 2 times a day and should switch from white vinegar to Cetaphil cleanser.
- Apply Cetaphil moisturizing lotion after cleaning the skin with Cetaphil cleanser.
- If you experience any burning, itching, or unusual redness after using these products, notify the office.
- Please let us know if you have a history of cold sores. For medium and deep peels we will give you a prescription for an anti-viral medication and may give you an antibiotic as well.

#### **Supplies Needed:**

White Vinegar  
Distilled Water  
Aquaphor Healing Ointment  
Cetaphil cleanser  
Cetaphil lotion  
Cotton Balls