

**DERMATOLOGY +
PLASTIC SURGERY**
For Your Best Self
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Hetter Peel Pre and Post Care Instructions:

General Health Tips:

- Avoid sun, wear wide brimmed hat outdoors, minimize any UV exposure from 10 am to 2 pm
- Stay hydrated, eat clean and healthy, include lots of vegetables and protein
- Try to get 8 hours of sleep each night

1-2 weeks prior to procedure:

Skincare:

- Start Alastin Skin Nectar am and pm applied to clean skin - 2 weeks prior to procedure
- Hold all retinol/ tretinoin/ exfoliating products - 2 weeks prior to procedure
- Apply Clear or Blend (4% hydroquinone) to face twice a day
- Must use SPF 30+ daily. Reapply throughout the day.

Have shopping list completed:

- Soothe & Protect Ointment (provided) or Aquaphor
- Applicators (tongue depressors, disposable plastic ware, etc)
- Gauze 4 x 4
- Eye drops: Refresh drops for day and moisture ointment (ie: Refresh PM, or LacriLube) during night time sleeping hours
- Q-tips
- Headbands
- Plenty of healthy groceries stocked
- Bottled water
- Distilled white vinegar

Have Prescriptions filled:

- Famvir twice daily (BID) x 1 week (#14) ****TID if history of cold sores****

Day prior to procedure:

- Have plenty of water throughout day
- Stop hydroquinone
- Start Famvir (antiviral to prevent oral blisters) twice a day to be continued for one week

Day of the procedure:

- It is recommended that you have a ride to and from the office
- Continue medication as prescribed
- Wash face and arrive with clean face = no makeup
- Do not wear contact lenses
- Wear loose and comfortable clothing, a top with button or zip front, wide brimmed hat

Post procedure care:**General Care Information:**

- **IMPORTANT: Call the office at 321.241.1160 if you develop a fever, nausea, vomiting, diarrhea, or excessive swelling, bruising or bleeding**
- Stay out of direct sunlight for one month
- Do not smoke or be around second hand smoke
- If taking prescription pain medications do not drive a car, go to work, make important decisions, or consume alcohol
- Do not exercise for two weeks (sweat will irritate the skin)

Immediate post procedure:

- You will have Nectar and Soothe & Protect applied to the treated area in the office
- Your face will begin to swell, and the skin will begin to crust- this is the healing process
- Apply eye drops throughout the day for hydration and comfort
- Take tylenol as needed for discomfort (do not exceed 3,000mg/day)

Day 1-7 (first week post procedure):

- With clean hands or gloves, use applicator stick to apply Soothe and Protect to treated skin every three hours and additionally if needed to keep skin completely covered
- Resume eating food as soon as you are ready, avoid spicy or greasy foods 48 hours

- Start **Alastin Skin Nectar morning and night** after vinegar soak
- Begin vinegar soaks three times per day if tolerated :
 - (¼ cup white distilled vinegar with 2 cups cold bottled water)
 - If the mixture stings, dilute further
 - Gently press gauze soaked in vinegar mixture, allowing solution to soak into skin for 10 minutes. Press and lift off the skin without rubbing or scrubbing. This will soothe and disinfect skin, and gently remove skin that is ready to lift off.
 - After each soak, apply Alastin Soothe and Protect (this will be applied after skin nectar as well each morning and night)
 - You can taper the frequency of these soaks down throughout the week

Things to avoid:

- Do not touch face except to apply ointments
- Do not consume alcohol
- Do not touch pets or have them sit or lay with you

What to expect:

- Your skin will feel swollen and tight and continue to crust and turn darker tan, meticulous skin care will accelerate healing
- You may shower day 3, keep shampoo and soap off your face
- Day 4-7 swelling should be slowly decreasing, with more skin peeling, revealing smooth, pink skin. **Do not peel or pick skin, to avoid scarring.**

Second week post procedure:

- Continue Alastin Nectar twice a day and additional thin layer of Aquaphor or Soothe and Protect
- Based on your 1 week follow up appointment, you may be directed to start a mineral SPF during daytime

Third week and beyond:

- Skin may still be pink, Alastin Skin Nectar will soothe your skin morning and night
- Isdin SPF or Essential Defense SPF is critical and should be applied each morning after Alastin Skin Nectar
- If you were previously on Clear (hydroquinone 4%) resume applying to skin at night, if this feels too sensitive, apply every other night
- Continue avoidance of direct sun exposure for one month