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AMAZON POST-OP LIST: <https://a.co/cfYUsv8>

- Dr. Sitapara has curated these items to help you breeze through your recovery (*please review ingredients for any allergies or contraindications*):
 - L-Arginine Pro – Scientifically proven to aid in healing time and pain. Consume 1 scoop per day for the week before surgery and the week after surgery.
 - Vitamedica Bromelain – Studies show significant reduction in bruising. Take one pill per day for one week before surgery and the week after surgery.
 - General Gauze Sponges – Use as needed for wound care. Non-woven for comfort.
 - Extra Strength Tylenol – Lay a foundation of pain control before using additional pain medications for spikes in discomfort. 500mg rapid release tablets to take every 4-6 hours. Do not exceed 4000mg per day (8 tablets).
 - Purified Water
 - White Vinegar
 - Aquaphor
 - Cetaphil Gentle Skin Cleanser
 - Cerave Daily Moisturizing Lotion

The following instructions apply to patients who have undergone Medium to Deep TCA Peel. Since no two patients are ever exactly alike in their surgical needs, type of surgery performed or rate of healing, we may elect to individualize the following guidelines for each patient. In such instances, we will so instruct you. Otherwise, we urge you to follow the advice below very carefully, in order to accelerate your healing and maximize your surgical outcome.

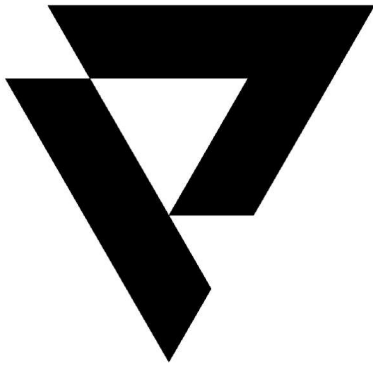
Preoperative Instructions

If your doctor prescribed hydroquinone prior to your treatment, apply it twice daily to the face for 2 weeks prior to surgery.

Postoperative Instructions

It is very important to your well-being that you follow completely all instructions given to you by this office, and that we check your progress regularly following surgery.

Make sure you have your distilled water, white vinegar, Cetaphil cleanser, Cerave lotion, and emollient ointment (Aquaphor, Vaseline Crisco shortening). In addition, you will need 5 to 7 days' worth of antibiotics and antivirals (if the area around the mouth is being treated) to take during your peel.



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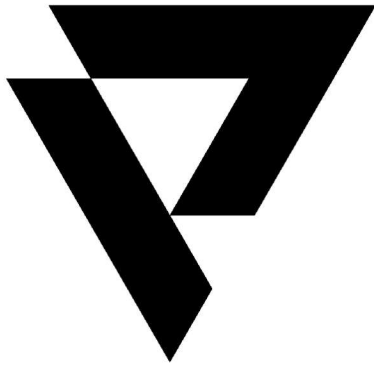
Stop using tretinoin/retinol/retinoid 24-48 hours prior to your treatment. This can be resumed in 4 weeks after your peel.

- Washing your face (for the first ten days)
 - Wash gently in a circular motion using a mixture of ½ tablespoon white vinegar to 1 cup of distilled water for the first seven days. Make sure you rinse the vinegar solution off thoroughly with distilled water and pat dry gently. Use of alternative cleansers may cause delayed healing and prolonged redness.
 - You do NOT need to get all of the previous Aquaphor/Vaseline off of your face each time you wash it.
 - Wash your face gently for 20 to 30 seconds twice a day
 - Dry your face by patting it gently with a clean towel
 - Use the emollient ointment (Aquaphor, Vaseline, Crisco) for the first 10-14 days.
 - Note: we would rather you be too greasy than not greasy enough.
- Washing your face (after the first ten days)
 - Use the Cetaphil cleanser to wash your face gently for 20 to 30 seconds twice a day
 - Rub the soap in your hands and gently pat it onto your face, then splash lukewarm water onto your face to rinse
 - Dry your face by patting it gently with a clean towel
 - After washing and patting your face dry, apply the ointment in the morning and at night.
 - Use the emollient ointment (Aquaphor, Vaseline, Crisco) for the first 10-14 days. After that, you can start substituting this with Cerave lotion which is very mild (avoid lotions with perfumes and other additives).
 - If at any point your skin becomes sensitive again, you may revert to distilled water and vinegar washes, with the Aquaphor ointment. You can then slowly progress back to other skin care products.

Don't let your skin dry out, it will put on the new tissue underneath and may cause red, irritated areas.

You can apply your ointment 10 times a day if you want! This will reduce the tightness and will make you more comfortable. Don't worry if all the ointment doesn't come off when you wash your face; it won't harm you to leave some on.

You may develop occasional whiteheads because of all the ointment on your skin. This is normal, do not be alarmed since they will resolve over time. Also, be aware that some mild itching and burning is normal for the first 2+ weeks. If the itching is very bothersome while trying to sleep, you may take an anti-histamine like Benadryl to help.



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After two weeks you may start slowly going back to your normal skin care routine (other than tretinoin/retinol/retinoids which can be resumed after 4 weeks). The goal should be to be back on your normal skin care routine after 4-6 weeks.

Be sure and minimize facial expressions during your peel. Excessive facial movements will cause the skin to crack prematurely. This is not a good time to see a funny movie, visit your dentist, or eat a large sandwich.

Don't pick or rub your skin at all.

When you are washing your hair, wash it with your head tilted backward in the shower or in the sink. Do not wet your face in the shower. Too much water exposure will cause you to peel prematurely and will leave you with red, sore areas that may lead to scarring. Avoid having the shower spray directly on your face.

If large pieces of peeling skin are hanging from your face they may be cut off carefully with a pair of blunt-nosed scissors.

Do not sit in a sauna or Jacuzzi or do strenuous exercise at this time. Sweating will make your face sting and it will cause you to peel too soon. Furthermore, sweat can delay your wound healing.

Do not expose your face to sunlight at all during healing. If you have to go outside, you may go out in the early morning or late evening when the sun is barely out.

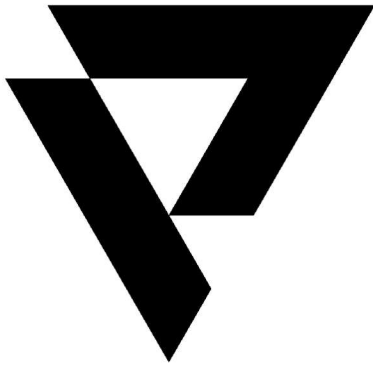
During peeling, think of your old dark skin (which is peeling off) as a bandage that protects the fresh new skin underneath. The longer you keep this natural bandage in place, the better will be the results of your peel.

Avoid exercise and sweating for at least two weeks. Slowly increase as tolerated but if you experience worsening redness or irritation of the skin, refrain from exercise for another week.

It is important that you try to sleep on your back so you don't rub your peeling skin against the pillow. This could create an area of prematurely peeled skin.

Do not wear make-up - Makeup may be used 1 or 2 days after peeling is complete (typically 10-14 days after your peel). We will recommend when you can wear it. When you do start wearing makeup, be sure to start with a mineral based makeup to ensure you do not have a negative skin reaction.

You may have some swelling during the first few days after your peel, particularly if it is a medium or deep peel. In extreme cases, your eyes may swell almost closed during the first two mornings. This is a



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normal response and will resolve on its own, but sleeping with an extra pillow to elevate your head may help to decrease swelling in the meantime. Do not apply ice packs or cold compresses to your face to decrease the swelling. The moisture from these may cause the skin to peel prematurely.

After your skin is done peeling (2 weeks after the peel), sunscreen must be used to protect the skin from the rays of the sun. You need to use it even if you are wearing a hat, since the reflected rays may also cause damage.

Don't be alarmed if you feel flushed or warm when you bend over. This is a temporary condition that resolves after the peel has healed completely.

If you have unexpected irritation or possible infection, call the office immediately. Do not wait until your next appointment. This is especially important if you think you may be developing a cold sore on your lip.

Summary

1. Wash your face twice daily with the regimen described above. Don't try to wash off every bit of the ointment.
2. Use your Aquaphor throughout peeling, in the morning and evening.
3. Keep your face very moist.
4. Do not pick or rub your skin.
5. Do not go out in the sun at all while peeling, even for 5 minutes!

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our very best efforts to achieve the best surgical result possible for your particular individual anatomy and condition.