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Chemical Peel - After Care Instructions

Days 1-5:

- Restrict your physical activities for the first 24 hours by not engaging in any vigorous exercises.
- Please be mindful that if Dr. Hoefflin performed a nerve block, you may have altered or diminished sensation in your lips and cheeks for several hours (much like a dental nerve block). Avoid any especially hot liquids or smoking for several hours until your sensation returns to normal.
- AVOID over the counter medicines that thin the blood and promote bruising, such as aspirin, ibuprofen-containing medications (Aleve and Motrin), herbal or homeopathic medications (St. John Worts, Gingko, Fish oil, Vitamin E) for the first several days after your treatment.
- DO take Arnica Montana (available at our office), which is a homeopathic medication that lessens swelling and bruising.
- Gently apply bacitracin ointment twice daily for the first two days after your treatment.
- On the third day you may wash and cleanse your face with lukewarm water. Do not apply any moisturizers
- You may apply Vaseline to the lips to maintain their hydration.
- You can apply make-up on the fourth to fifth day following your treatment.
- Expect some swelling after your lip augmentation. This will usually subside two or three days after your injection. After this resolves, you will see your new and beautifully enhanced lips!
- Do not remove any flaked skin by picking or pulling. This can lead to hyperpigmentation, scarring and other complications.

Days 6-10:

Concerns:

Dr. Hoefflin can be reached 24 hours a day for any concerns. He can be contacted directly through his office or answering exchange at (310) 858-9105.

Please notify Dr. Hoefflin if:

- If you have any bleeding from the injection that is difficult to control with light pressure.
- If you experience a significant increase in pain not relieved by medication;
- If you develop a temperature above 101.5° F, or if you develop redness (like a sunburn) around your injection sites.
- If you have any side effects to medications, such as rash, nausea, headache, or vomiting.

The quality of your lip enhancement procedure may be compromised if you fail to return for any scheduled post-op visits, or follow Dr. Hoefflin's pre- and post- operative instructions.