



MEDISPA
MAUI
THE STOLLEY CENTER

Total FX PostCare Instructions: Face/Neck/Chest

Dr. Brian Stolley after hours contact #: 298-3845
Alternate #: 283-2580

Immediately After

DO NOT DRIVE WHILE ON MEDICATIONS

Cool compresses

Cooling gel or ointment

Avoid direct sunlight when walking to your car

Use cool air from car AC

Avoid exercise until treated area has peeled completely.

First 2-4 Hours

Have someone with you for the first 24 hours if you are taking medication

Take Asprin or Vicodin for discomfort

Apply cool compresses, but avoid applying ice directly on the skin.

*1 tsp distilled white vinegar per 1 quart distilled water (refrigerate, NOT Freeze)

Blowing cool air from a fan over the treated area may cool the skin

When intense heat subsides, 2-3 hrs after tx, apply a thin layer of Elta MD Moisturizer

First Night

Use clean bedding at all times during healing process.

Protect bedding from ointment (It will stain)

Sleep on back with head elevated (continue until swelling subsides)

Avoid environmental irritants during the healing process

(i.e. Dust, dirt, sun, hairspray, perfumes, etc)

If experiencing eye irritation, use an eye lubricant such as artificial tears

Avoid fragrances in laundry detergent, dryer sheets, soaps, shampoo, perfume, etc.

Day 1 (First day after treatment)

Resume vitamins

Expect swelling: take Ibuprofen as directed on bottle

Stay indoors and avoid direct sunlight

Wash area if desired (not necessary) with a Avene gentle cleanser and lukewarm water

Eat healthy foods and avoid alcohol. Drink plenty of water.

Day 2

Continue to wash area as desired with Avene gentle cleanser and lukewarm water

Re-apply a thin layer of Elta MD Moisturizer after cleansing and as desired

Itching tends to begin on this day. Use OTC 1% hydrocortisone as needed

Benadryl (diphenhydramine) or Claritin (loratadine) may be used as directed on bottle for itching.

AVOID picking and scratching

Day 3

Continue to wash area as desired with Avene gentle cleanser and lukewarm water
Re-apply a thin layer of Elta MD Moisturizer after cleansing and as desired
Itching may persist, continue to treat as stated above if needed
Expect exfoliation of the central aspects of the face first, leaving behind soft pink skin
AVOID picking/scratching/peeling

Days 4-7 (Face), 4-14 (Neck/Chest)

Call office for any worsening of itching, redness or pain
Expect Exfoliation/Peeling to begin.
Continue to wash area as desired with Avene gentle cleanser and lukewarm water
Re-apply a thin layer of Elta MD Moisturizer after cleansing and as desired
AVOID picking/scratching/peeling

One Week Post Tx and once initial peel is complete: (neck/chest may take longer)

Continue cleansing as needed/desired
You may transition to Avene moisturizer, only using Elta MD Moisturizer if needed
*Do a test spot first and leave on for 15-20 minutes before applying to entire face
As tolerated, start Elta MD UV Physical Sunblock
As tolerated, apply mineral make-up- Jane Iredale (anti-microbial)
Do not use harsh, very active, acids or ingredients for 1 month
(such as Retin-A, Glycolic Acid, etc)

Avoid exposure to excessive sun up to 4 weeks (or the rest of your life!)
Hat or clothing must be used to protect the treated areas along with sunscreen
Return to exercise program

2 Weeks Post Treatment:

Resume using additional products upon approval from Dr Stolley post treatment. This varies per individual. Always test-spot on a small area near ear and allow 15-20 minutes before applying to the entire face. (wash off if burning/irritation occurs)

Other tips

It is possible for a secondary peel to occur up to 2 weeks after the treatment. Before this peel occurs, the skin may become more wrinkled and rough. The best results may take months to occur as healing and collagen synthesis occurs in the deep layers of the skin.

Using appropriate homecare products, Skin Growth Factors such as SkinMedica TNS and Neocutis, and antioxidants such as SkinCeuticals is ideal.

Eating healthy foods and taking vitamins is recommended.

Avoid smoking. This is a great time to quit. You will heal better and have less wrinkles.

Follow-Up as directed. Fillers can be done approximately 2 weeks post treatment.