

NADIA BLANCHET, M.D.
804-320-8545

DISCHARGE INSTRUCTIONS AFTER APEELE

During the procedure, your skin may experience some stinging, burning, redness, tightness, sensitivity and mild swelling. Immediately after the application of APEELE, the skin will appear yellow due to residue from retinoic acid. This discoloration is temporary, will fade and wash off. APEELE remains on the skin for 4-6 hours post-application or overnight as directed by Dr. Blanchet or Cindy. After this treatment period, gently wash the treated area with a mild cleanser or water. Significant, visible peeling begins within 36-48 hours and will gradually diminish over the course of a week. Temporary pigment changes and skin discoloration occur occasionally. If you experience unusual discomfort, pain, fever or change in skin color, contact us immediately.

To promote the healing process, apply a generous amount of Prevox, Aquaphor or Eucerin to the treated areas until completely absorbed. Prevox is an antioxidant, anti-aging and moisturizing cream designed to provide an optimum environment for the healing process and to protect the skin from harmful germs and other external contamination. It can be applied continually following an APEELE procedure to relieve skin tightness, cracking and dryness. Prevox can also be used after the skin is fully healed and continued long-term for its nutritive, antioxidant and anti-aging benefits, and is available through the office if you like it.

- Avoid products containing AHAs (alpha hydroxyl acids), salicylic acid, retinoids, or other potentially irritating topicals until the skin is fully healed.
- Delay application of make-up on the treated areas if the skin is sensitive.
- Avoid the use of abrasive or exfoliating sponges or cleansers on the area.
- Avoid sun exposure, artificial tanning devices and direct heat sources until the skin is fully healed -- the itching, peeling and pink color are gone.
- Use a broad-spectrum sunblock containing Zinc Oxide and Titanium Dioxide (full UVA block).
- Wear protective clothing (wide-brimmed hat) if direct sun exposure while healing cannot be avoided.
- Do not peel, pick, scratch or scrape the skin during the healing process or you may scar.
- Do not use a mask or wear tight headbands, hats, etc. while healing.

PLEASE FEEL COMFORTABLE TO CALL OUR OFFICE IF YOU HAVE ANY CONCERNS OR QUESTIONS. AFTER HOURS OR ON WEEKENDS YOU CAN REACH THE DOCTOR BY CALLING 320-8545. **IN A TRUE EMERGENCY, CALL 911 IMMEDIATELY.**