



TCA CHEMICAL PEELS PRE AND POST-TREATMENT

Pre-Treatment:

1. Avoid any topical products that could irritate your skin for 1 week before treatment such as citric acids, AHA, BHA, lactic, glycolic and Retina-A type creams, waxing, or depilatories.
2. If you have a history of cold sores notify us immediately for pre-treatment instructions. Avoid treatment if you have had a cold sore within a month of treatment.
3. Before a treatment-no extended sun exposure including tanning beds. If you are in direct sun reapply SPF every TWO hours. If you are at work under florescent lighting, in front of a computer or just running errands to and from your car SPF should be applied TWO times daily.
4. Notify us if you have taken Accutane within the last year.

Post treatment:

1. Avoid sun, heat, exercise or steam for 24 hours.
2. Avoid prolonged sun exposure and tanning beds.
3. Apply a sunscreen with at least an SPF of 30 daily.
4. Avoid any topical products that could irritate your skin for 1-2 weeks after treatment such as citric acids, AHA, BHA, lactic, glycolic and Retina-A type creams, waxing, or depilatories.
5. Use a mild cleanser and moisturizer till healed.
6. During the healing process it is normal for the skin to be tight, turn dark and then start to peel. During this process apply a thicker healing ointment as often as needed such as Aquaphor, Aveeno healing ointment or Cereve healing ointment. We also often give a prescription hydrocortisone to apply twice a day for redness.
7. You may take Tylenol or ibuprofen for pain.
8. Keep your head elevated on two pillows to minimize swelling.
9. Avoid cold compresses as it may make the skin peel too early.
10. As the skin peels do not pick or pull off the skin.
11. Redness may take up to 1 month to resolve.
12. Notify our office immediately with any signs of infection or concerns.