



TCA PEEL POST CARE INSTRUCTIONS

- TCA (Trichloroacetic Acid) is an analog of acetic acid, the active ingredient in vinegar. It is non-toxic and has been used for more than 20 years as a chemical skin peel by experienced physicians. It causes controlled cell turnover to the upper layers of sun-damaged skin, resulting in regenerative changes. Cosmetic benefits include collagen stimulation resulting in fine wrinkle reduction and tightening plus exfoliation, which improves texture and fades brown spots. Medical benefits include dramatic reduction and destruction of pre-skin cancers. Our TCA peel appointment is 30 minutes for the face and 45 min if you add the neck/chest or arms. It offers a range from superficial to medium-depth levels, which is controlled by the percent of the peel and the number of applications of TCA. Our patients report first experiencing a sensation of warmth. A few minutes into the peel application, a heat sensation is felt for a few minutes. Then it subsides to a warm sensation. The down-time is minimal and usually involves 1-3 days of pinkness, similar to sunburn. This is followed by peeling on days 3-6. The deeper the peel, the more pinkness and peeling is to be expected. Outdoor activities should be limited during the healing period, but most people return to work the day following a peel. Keeping the skin heavily moisturized and protected with a zinc-based sunscreen of at least SPF 30 speeds healing and optimizes results. New, healthier skin then replaces the older, photo-damaged skin. During this process, collagen production is stimulated over a period of 1-3 months. Other areas such as the neck, chest, arms, hands and lower legs can also be treated. Depending on the extent of photo-damage and the depth of the TCA peel, 1-3 treatments may be recommended.
- TCA Peel Treatment Instructions General expectations:
 - • Avoid direct sunlight and keep skin moist and cool to aid healing
 - • Avoid environmental irritants during healing process (e.g., dust, dirt, aerosols, cleaning agents)
 - • Avoid dryness and excessive heat (no cooking or vigorous exercise during healing process)
 - • Stay hydrated, eat healthy foods and avoid alcohol
 - • Redness and a sunburn-type sensation normally lasts several hours
 - • Neck redness is more persistent and will usually last longer than face redness
 - • Face will normally bronze and peel within 3-5 days (Note: neck and chest normally require 2 weeks and arms and hands require 3 weeks to bronze and peel)
 - • Results will continue to improve after initial healing period
 - • Make sure to wash hands thoroughly before touching laser treated areas



Day 1-2:

- May gently wash face with fingertips using Cetaphil or Cerave gentle cleanser and tepid water
- Apply a Moisturizer (Cetaphil/CeraVe) followed by a gentle ointment (Aquaphor) as needed to keep treated area moist
- Keep treated areas covered with a topical ointment/cream as instructed by physician
- Apply cooling compresses (e.g., ice pack or wet paper towels frozen in Ziploc bag). Note: do not apply ice directly to skin and do not use towels as detergents may irritate skin
- Avoid direct sunlight and excessive heat

Day 3-7

- Facial skin should begin peeling between days 3 and 5 (neck/chest up to 2 weeks; arms/hands up to 3 weeks)
- Continue using gentle facial cleanser (Cetaphil) and gentle moisturizer (CeraVe)
- Use non-irritating sunblock SPF 30+ with zinc oxide (>7%) when going outside
- May apply mineral make-up

Day 7-28

- Continue appropriate moisturizer until skin has hydrated back to its normal level (3-4 weeks)
- Avoid excessive sun exposure (wear wide brimmed hat and protective clothing)
- May start regular skin care program as long as treated area is healed (no exfoliation)

Day 10

- Return to current skin care regimen as Recommended:
- AM
- Vitamin C Serum
- Sunscreen
- PM
- Retinol
- Moisturizer.