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## **TCA PEEL INFORMATION**

The TCA peel ( Trichloroacetic Acid ) is a medium peel, and is a very popular treatment for skin of all colors and imperfections. TCA peels can vary in strength from 10% to 50% depending on the skin tone, imperfections, wrinkles, etc., that are in need of improving.

TCA peels at higher concentrations produce deeper peeling, as does the number of applications of TCA solution applied to a given area.

TCA peels can improve wrinkles of the skin by improving the collagen and elastin fibers of the skin, strengthening and repairing them. TCA can also improve the appearance of acne scars, fine lines around the eyes and mouth, discoloration associated with the sun, hormones, and aging.

TCA peels will result in the skin having a red appearance for about 7-10 days and require absolute sun protection during this time.

Patients undergoing TCA peeling may be asked to “pre-treat” the areas to be peeled prior to their TCA peel in order to maximize the peel effects, such pre-treatments may include the use of a fading cream, a retinoid type product, or a combination.

TCA peeling may cause an individual to develop a cold sore if they are prone to getting them, and require the use of oral antibiotics prior to or on the day of as well as the days after the peel. If a cold sore should develop, there is potential for discoloration, irritation, infection and scar formation that may result in months of discoloration.

TCA peeling can cause the skin to take on a dry, brown appearance once the redness of the actual peel has subsided. This is normal. As the skin is shedding, it will lift, giving a dry, dark appearance that will resolve once it begins to peel. DO NOT force this process or peel away any skin that is NOT ready to come off on its own. It is important that this skin stay intact until ready to slough so it can act as a protection to the underlying skin during this time.

Please inform the office of any of the following conditions prior to your TCA PEEL

Recurring facial warts

Prior history of any cosmetic surgery, botox, fillers, peels, dermabrasion, etc.

History of HERPES or cold sores

Recent radiation treatments

Recent treatments with radiofrequency

History of KELOID formation

Pregnant or breast feeding

History of ACCUTANE therapy over the last 12 months

Recent sunburn or significant sun exposure within the last two days

Cryosurgery or Liquid Nitrogen treatments

Skin Cancer history

Present skin cancer treatments

## TCA POST TREATMENT CARE

TCA peel solution application will cause a stinging, burning sensation that will resolve within a few minutes. You will notice a “whitening” effect to the skin just before it begins to turn red from the peel solution. This is normal. This peel is neutralized for you and will NOT continue to “peel” your skin once completed, even though you may feel the stinging and burning sensation for some time after.

Upon completion of your peel, you will be required to wear a UV protective hat or clothing over the areas treated to avoid any UV exposure to your freshly peeled skin.

Your skin will be covered with AQUAPHOR ointment, which is greasy and sticky, so make sure your hair can be put back or in a pony tail to avoid aquaphor in your hair.

**Cleanse** your skin with warm water using a mild cleanser such as CETAPHIL, liquid cleanser, which is over the counter. Use your fingertips **ONLY**, not a wash cloth to cleanse your skin.

**GENTLY** pat your face dry and reapply aquaphor or an antibiotic ointment such a polysporin – unless you have an allergy to polysporin. Neosporin is not the same and may cause a reaction due to the neomycin in Neosporin, so it is not recommended.

Do **NOT** use abrasive scrubs, cleansers or cloths on your skin for the next 10 days.

Do **NOT** apply and retinoids, benzoyl peroxides, glycolic or beta hydroxy acids to your skin for 10 days.

Do **NOT** peel, scratch or rub the treated skin even if you feel that it itches - use a mild over the counter hydrocortisone cream if necessary for the itching. The itching is a normal part of the healing process, and it will resolve, but If you scratch at it, you may induce a wound that can lead to discoloration or infection.

**AVOID** sun exposure at all costs !!!!! This includes tanning beds !!! Do NOT schedule an appointment for airbrush or spray on tanning to the area treated by the TCA Peel for at least 2 weeks post treatment to insure the area is healed. An SPF of 45 or more should be applied 20 minutes before sun exposure, and every hour thereafter to avoid sun exposure. It is best NOT to expose the peeled areas at all, by wearing a hat or protective clothing that can shield the newly peeled skin from the sun.

You must continue to use a daily sunscreen for 2 months after your TCA peel to insure the highest level of improvement and lowest incidence of any sun exposure resulting in discoloration.

Do **NOT** undergo any laser hair removal, waxing, microdermabrasion or facial treatments for one month after your TCA peel.

Contact the office or your provider **IMMEDIATELY** for any infection, abnormal signs or symptoms such as discharge, pus formation, swelling, out of control pain, or adverse events so that you can be evaluated immediately and any necessary care may be given.

If you are not able to reach your provider or the office – and you feel that you are having a reaction to the peel, you need to go to the closest emergency room for evaluation and treatment.

Keep this information with you at all times so that you can contact the office or your provider

**310.710.1679** [valstern@earthlink.net](mailto:valstern@earthlink.net) **310.860.9808**

You may return to your pre peel skin care routine at 14 days.

I have read and understand what is required of me before and after my TCA peel.

I take responsibility for my disclosure of any medical conditions that may affect the outcome of my peel, or delay its healing, cause unusual side effects or result in discoloration.

I have informed my provider of all medical conditions, medications and previous treatments prior to my TCA peel today.

I have been informed of the risks, benefits and alternative treatment options available to me.

I have asked and had all of my questions answered prior to my TCA peel.

I understand the complications can include the following:

Infection

Discoloration

Scar formation

Uneven tone

Redness

Allergic reaction to the peel solution which can involve severe respiratory distress or anaphylaxis which could ultimately lead to death.

I understand all information given, and I request that this service be performed.

**NAME** \_\_\_\_\_ **DATE** \_\_\_\_\_

**Witness** \_\_\_\_\_ **DATE** \_\_\_\_\_