

TCA Post Care Instructions



It is important that you adhere to the aftercare instructions provided by your healthcare provider, Thank you.

- Mild to moderate erythema and peeling are usually resolved within 4-7 days.
- The skin may feel tight for several days.
- Some areas of the skin will darken until the skin has completely peeled.
- Tonight, apply cool compresses using crushed ice and/or a bag of frozen peas to treated areas for a few minutes every hour as needed to decrease swelling.
- Use a mild cleanser and a light layer of petrolatum ointment 2 times daily. Do not use harsh or active products. After 7 days client can use nonocclusive emollient moisturizers.
- Wash the face twice a day with cool water. AVOID harsh cleansers and rubbing. DO NOT USE any facial washcloth or brush to cleanse the face. Immediately following cleansing reapply Vaseline
- Do not pick, pull, or tear skin during the peeling process. Allow the cool running water to gently remove the layers of dead brown skin as the new skin underneath heals. This generally takes about a week but varies from 4-10 days. DO NOT PICK.
- Vinegar soaks can be used several times a day. 1 tablespoon white vinegar to 1 pint of warm water.
- Continue the pre-peel skincare conditioning regimen only after the peeling has subsided. This will help maintain peel results longer.
- Continue to take the oral antiviral medication prescribed until it is completed (1 week starting from treatment).
- You must use daily SPF 30 if exposure to sun is necessary. SPFs can be irritating so, avoidance is best.
- Remember to schedule your follow-up appointment, directed by your physician, to discuss your after-peel maintenance skin care regimen.
- Please call us immediately if you experience any pain, see any pustules, or feel the skin is not healing the way described above or at your appointment.