

# ConradPetersen

## DERMATOLOGY

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### Pre- and Post- Treatment Instructions for Trichloroacetic Acid (TCA) Chemical Peel

#### 5-7 Days Prior to Peel

- Inform the doctor if you have taken Accutane (oral acne medication) in the past 6 months.
- Stop application of topical retinols and retinoids, as well as any AHAs and chemical exfoliants.
- Avoid facial waxing, bleaching, and tweezing.
- Avoid excessive sun exposure and tanning beds.
- If you have a history of cold sores, your physician will prescribe valacyclovir (oral antiviral medication). Please start this medication 24 hours prior to the peel and complete the prescribed course.

#### Day of Peel

- Avoid wearing lotions, creams, or makeup in the treatment area and arrive with clean skin.

#### Post-Peel Skin Care

- Avoid direct sunlight on the treated area. Apply broad-spectrum sunscreen of SPF 30 or greater daily and reapply every 2 hours.
- Keep your skin well hydrated, moisturizing liberally and frequently with a protective barrier.
- Wash with a gentle cleanser, cool water, using hands only, and pat dry no earlier than 4 hours after peel.
- Apply diluted vinegar soaks. It is not necessary to start soaks until after the first 24 hours have elapsed. Using clean gauze, soak the treated areas with a solution of 1 tablespoon of white vinegar mixed with 1 cup of cool water. Apply the soaks for 20 to 30 minutes at a time. The soaks should be soothing and not sting or burn. Continue twice daily as long as there is rough and sloughing skin.
- If any skin care products cause stinging or burning, rinse off and try again in 48-72 hours.
- Avoid using abrasive products such as scrubs or exfoliating cleansers for 7-10 days.
- Avoid using topical retinoids or glycolic acid-containing products for 7-10 days.
- Vitamin C antioxidant serums may be resumed 48 hours after peel.
- Avoid strenuous exercise or sweating for 24 hours.

#### Post-Peel Expectations

- Redness may be present immediately after the peel and last from several days to more than a week.
- Swelling may occur after treatment for 3-5 days.
- Peeling will start 3-5 days after treatment and may last anywhere from 7-10 days or longer depending on internal and external factors such as skin type, age, weather, lifestyle, and hormones.
- Do not pick, peel, rub, exfoliate, scratch, or scrub the treated skin.
- Mild irritation/itching, redness, swelling, peeling or flaking of the skin, transient worsening of acne, and small whiteheads are normal.
- *Crusting, blisters, oozing, and pustules are rare and may indicate an infection. If you develop any of these skin changes, please call the office immediately.*
- Hyperpigmentation (darkening of the skin) can occur in some skin types. Please call us if you experience this uncommon reaction.
- Use Tylenol only as needed for any soreness.