

Post Care Instructions

Treatment: TCA (Trichloroacetic Acid) Peel

To maximize the benefits and minimize the risk of complications associated with your procedure, please read and follow these post-care instructions.

Following your treatment you may experience some swelling, bruising and crusting which may last anywhere from several days to several weeks.

- For 7-28 days after your chemical peel, keep the area clean by gently washing twice daily with a mild cleanser such as Hamilton DermaScience Gentle Exfoliating Cleanser, Hamilton DermaScience Sensitive Skin Cleanser, Cerave, or Cetaphil. Avoid using abrasive or exfoliating sponges and washcloths as your skin is very sensitive during the recovery period.
- After cleansing, apply Alevecyn Gel; follow with Hamilton DermaScience Intensive Moisture Boost or CeraVe Healing Ointment. The area does not need to be covered with a bandage.
- Mix 1 tbsp bleach to 6 cups cold water OR 2 tbsp distilled vinegar to 6 cups cold water. Use wash cloth or soft rag to soak treated area for 10-15 minutes several times daily.
- Apply prescribed topical medications between soaks.
- Avoid sun exposure (including tanning beds). Sunlight on the skin after a peel can cause hyperpigmentation, which is a brown discoloration of the skin. A sunscreen containing a minimum of 7% zinc oxide should be applied every morning before going outdoors. Use a nickel sized amount for the face and a shot glass full for the body. Our office recommends Hamilton DermaScience Emollient or Mattifying Sunscreen. Reapply every one to two hours when outdoors. **Daily sunscreen use should continue indefinitely to prevent further sun damage from occurring.**
- The skin will turn brown, become tight, wrinkle and possibly become crusty. It is this browned outer layer of skin that is in the process of peeling. Keep the skin well hydrated with frequent use of moisturizers. It may be necessary to moisturize as often as 6-10 times a day. **Do not pick, scratch, or rub the treated area or peeling skin.**
- If prescribed, take any medication as directed.
- You may resume make-up application once the peeling is resolved, provided there is no crusting or tenderness.
- Do not remove hair by any technique until all areas have completely healed.
- Additional peels may be necessary to achieve desired results. Wait at least 6 weeks before have another chemical peel.

Should you develop a cold sore or if the area become extra tender, continue to weep, develop small, diffuse, white papules, or the drainage becomes thickened and/or yellowish please notify the office by calling 770.360.8881 or by texting 678-673-3840.

For after hour emergencies regarding your procedure, please contact one of our providers on their personal lines:

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