

TCA Chemical Peel Home Care Instructions

What you may experience-

You will experience a burning sensation that can last up to 24 hours. Between the 2nd and 4th day post-op, your face will get darker and look similar to a sunburn. A scab will naturally form on the treated skin which promotes the healing process. The scab will crack and slough off on its own, so **DO NOT PICK** these areas (you will cause scarring). Redness may persist for 14 days or longer.

- Sleep with head elevated above your heart for the first 3 days
- Please take Extra Strength Tylenol for any discomfort as needed. You may take Zyrtec during the day and an oral Benadryl at night if you experience any itching sensation.
- Red Light therapy can help with the healing process. We will offer you a **complimentary session** of red light therapy, included with your TCA peel. You may call to schedule and also purchase additional discounted sessions from our medical aesthetician Bailey Pettway at our Colleyville location, the number is 817-503-2442.

Skin Care

Day 1-4

- Cleanse at night with lukewarm water using hands and gentle face cleanser
- Do NOT use washcloth, brush, any type of manual exfoliation.
- Apply over the counter Aquaphor liberally to the treated areas

Day 5+

- Cleanse face twice daily with gentle face cleanser
- Continue using Aquaphor until instructed by Dr. Smith, typically when all peeling is gone. Do NOT use washcloth, brush, or any type of manual exfoliation to speed up the peeling process.
- After you have completed peeling, you may begin using a gentle moisturizer and applying SkinBetter or similar sunscreen.

- **AVOID SUN EXPOSURE** for at least six months. Always use sunscreen!
- Refrain from any Retin-A usage until Dr. Smith clears you to do so.

**Please contact us if you have any questions or concerns.
Klara messaging platform will get you the quickest reply, or call
Mon-Fri 817-806-4245 Amy or Shasta**