

TCA Peel Post-Care Instructions

Continue your Acyclovir until you have completed all medication. Schedule your 1-day post peel follow up appointment, and your 1 week appointment.

- For 7-12 days after the peel, clean the skin with tepid water and gentle liquid cleanser (Cerave' or Cetaphil). Use your finger pads only (not a washcloth) since the skin is overly sensitive at this time. After cleansing, pat dry with a clean towel or air dry and then apply Aquaphor or Bacitracin to keep the exfoliating skin protected and clean.
- Apply the water and vinegar solution at least 4 times a day until your skin has shed. Recipe: Add 1 teaspoon of White Vinegar to 1 cup of cold water. If the compress stings, add another cup of cold water.
- The skin will turn brown, wrinkle up, and crust, similar to a bad sunburn. It is the browned outer layer that is in the process of exfoliating. Keep it moist as it heals to prevent scarring. Do not pick, peel, or scratch at the exfoliating skin. Advil or Ibuprofen (200 mg) may be taken daily with food to reduce swelling and discomfort, if needed.
- Avoid sun exposure of any kind. Sunlight on the skin after a peel can cause P.I.H. (Post Inflammatory Hyperpigmentation) on the new skin. Use an SPF of 35 or higher. We recommend SunDara Shear SPF 46. Reapply every two hours if you are outside for a prolonged period. Note: Daily use of sunscreen should be a part of your regimen to prevent new photo damage from occurring.
- The new skin will have a pink/red color for several days to weeks after your peel. After your skin has completely shed the exfoliated brown layer and you no longer have crusting, you may begin using a mineral makeup and sunscreen.
- For a minimum of one month after your peel, do not have any type of hair removal. Do not use any active ingredients on your skin. These can cause severe irritation to the healing skin.
- As with many skin treatments, it may take more than one peel to achieve best results. Wait a minimum of 4-6 weeks in between TCA peels.

For a medical emergency please call 911. If you have any questions or concerns, please call our office at 970-242-8177

Laser Technician _____