

## TCA Peel Pre-Treat Instructions

### 6-8 WEEKS PRIOR TO YOUR PEEL:

- Start your pre-treatment regimen as instructed by the physician/aesthetician, which may include hydroquinone and Retin-A. This pre-treatment can run from 4 to 8 weeks depending on the condition and type of skin.
- A round of Acyclovir (an antiviral) is prescribed and you will begin taking 2 days before your peel.
- Purchase a gentle cleanser such as Cetaphil or Cerave'. Bring an instant cold pack if you must travel more than 20 minutes after your peel. You will also need Aquaphor, White Distilled Vinegar, and SunDara Intensive Recovery Cream for your post care. We also recommend a physical sunscreen with titanium dioxide and zinc, SPF 35 or greater.
- We will call you the week before your peel to touch base and call in your antiviral prescription.

### 2 DAYS BEFORE YOUR PEEL:

- Start taking your Acyclovir.
- Stop using Hydroquinone, Retin-A, and any other topicals with active ingredients.

### DAY OF PEEL:

- Please come to your appointment without any makeup, lotions, or creams on your face. You may take Advil or Ibuprofen prior to the peel (optional).

### **Pre-Treatment Skin Care Instructions**

Cleanser \_\_\_\_\_ AM \_\_\_\_\_ PM

Topical Hydroquinone \_\_\_\_\_ AM \_\_\_\_\_ PM

Topical Retin-A \_\_\_\_\_ AM \_\_\_\_\_ PM

Gradually Increase usage of Retin-A to avoid irritation. Example: 1st week - every third night, 2nd week - every other night, as tolerated.

Moisturizer \_\_\_\_\_ AM \_\_\_\_\_ PM

Sunscreen \_\_\_\_\_ AM \_\_\_\_\_ PM