



## BAY AREA COSMETIC DERMATOLOGY

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### PRE & POST CARE FOR TCA CROSS

[ For Pore and/or Scar Reduction ]

#### WHAT IS TCA CROSS?

TCA = Trichloroacetic Acid. CROSS is an acronym for Chemical Reconstruction of Skin Scars.

During a TCA CROSS treatment, your provider applies trichloroacetic acid directly into atrophic scars or large pores. This creates a chemical reaction leading to the formation of new collagen fibers and decreasing the depth of the treated scars/pores. Each procedure can decrease the depth of a scar or open pore by 20-40%. For optimal results, most patients will require 2-4 procedures.

#### HOW TO PREPARE FOR TREATMENT

- Avoid medicated and/or active topical products for 2 days prior to treatment. These include retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products (the active ingredient in many brightening products), dapsone, acne products, or precancer treatments as directed by your provider.
- If possible, arrive at your appointment without make-up. We can also provide cleanser at time of appointment.

#### WHAT TO AVOID AFTER TREATMENT

- It is imperative to avoid direct sunlight for 1 week post treatment. Apply a SPF 30+ daily.
- Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as they may be more sensitive following the peel.
- Your skin may be more red than usual for 7 to 14 days. Please avoid strenuous exercise during this time.
- **DO NOT** pick or pull the skin while peeling. Allow the skin to peel at its own pace. The scab functions as a “biological band-aid” and helps the scar or pore fill in.
- When washing your face, do not scrub and do not use a washcloth.
- Wait until peeling completely subsides before having ANY OTHER FACIAL PROCEDURES including: microdermabrasions, laser treatments (including laser hair removal), facial hair treatments, neuromodulator injections, and injectable fillers.
- **DO NOT** schedule hair treatments within 10 days post peel (hair dye, relaxers, perms or any chemical procedure).

**If you experience any abnormal symptoms or have concerns, please promptly contact the office.**

#### HOW TO CARE FOR SKIN AFTER TREATMENT

- After gently washing your face apply an appropriate moisturizer recommended by your provider for 4-5 days as often as needed to relieve any dryness.
- You may resume regular use of active/medicated products (listed above) ONLY after the peeling process is complete (about 7 days).

**CONTINUED ON NEXT PAGE**



## RECOMMENDED PRODUCTS

- **Cleansers:** [Obagi Gentle Cleanser](#) or [Neocutis Gentle Cleanser](#)
- **Moisturizers:** [Neocutis Biocream](#), [BACD Ultra Lite Hydrating Cream](#), or [SkinMedica TNS Ceramide](#)
- **Sunscreen:** [Tizo 3](#), Colorescience [Even Up](#) or [All Calm](#), or any of our [EltAMD](#) options.

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*If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.*

**Questions or concerns?** Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.