



BAY AREA COSMETIC DERMATOLOGY

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PRE & POST CARE FOR TCA PEEL

[Trichloroacetic Acid]

WHAT IS A TCA PEEL?

Trichloroacetic Acid (TCA) Peel is a medium depth chemical peel that is highly effective in promoting skin smoothness and vitality by improving superficial discoloration, fine lines, and wrinkles. Some people may need more than one peel and your provider will outline your specific treatment plan. Most find a TCA Peel to be very tolerable.

HOW TO PREPARE FOR YOUR 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 (which is the active ingredient in many of the Obagi 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.
- Check in with your provider regarding your typical exercise routine. Depending on the strength of TCA peel, they may suggest specific timelines for returning to more vigorous exercise (i.e. activities that create heat and/or sweat on the treated skin.) Lower intensity exercises such as walking, stretching, and light yoga can typically be returned to immediately.

HOW TO CARE FOR SKIN AFTER TREATMENT

- A stinging sensation is normal directly after the peel solution is applied but subsides quickly.
- Normal shower, make-up and sunscreen routines can be done immediately post-procedure.
- Practice good sun protection, avoid direct sunlight on the treated skin and use 30 SPF+ daily.
- Your skin will feel tight and slightly darken for a couple of days, almost as if there is plastic wrap on your skin.
- Peeling typically begins on the third day after treatment. The actual amount of peeling varies by individual and degree of sun damage. It is important to know that once the fruit acids of the TCA solution are absorbed by the skin, the benefits will occur with or without peeling and some skin types naturally exfoliate mildly while others peel heavily in response. A lack of peeling is not an indication you will not enjoy the benefits of a TCA Peel.
- Moisturize frequently post-procedure, but apply a thin layer as thick layers can lead to breakouts. We recommend [Neocutis BioCream](#) for optimal recovery and results after a TCA Peel. If you would like to use a different moisturizer, please ensure it is not occlusive and apply only a thin layer only. Our staff is happy to take a look at your moisturizer of choice.
- Let the skin naturally peel by itself. **DO NOT** pick at the skin.
- Avoid active medicated topical skin care (listed above) until skin is fully healed.

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.