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In office TCA peels

A TCA peel is designed to create an even controlled shedding of several layers of damaged cells. The peel stimulates new cells to grow, tightens the skin, decreases wrinkling and helps expose a new fresh layer of skin with a more even color and smoother texture. It can effectively improve such conditions as dull, weathered skin, freckling, blotchy pigmentation, sun damage, fine wrinkles and shallow acne scars.

The treated areas will be swollen and either pink or red following the procedure. This is sometimes not apparent until several days after surgery. Most of the pink color resolves by two weeks, but can persist to a mild degree for four to twelve weeks after treatment. Some crusting and peeling is expected, but does not always occur. It is normal for the chemical peel treated areas to appear brownish in color for the first several days.

During the initial healing period (one week to ten days), skin should be disturbed as little as possible. Do not wash or use any skin care products (with the exception of Aquaphor ointment) during this time. Gently apply Aquaphor with a cotton swab as often as needed (two to three times a day) to maintain a thin film of coverage. You do not need to wipe off the previously applied ointment. Leave any scabs or peeling skin intact. When scabbing has separated completely and skin is pink and smooth (seven to ten days), you may discontinue the Aquaphor.

At approximately seven to ten days, you should substitute a moisturizer for the Aquaphor. Avoid any products containing vitamin E, glycolic, or alpha-hydroxy acids. It is important to protect the treated areas from sunlight in order to prevent discoloration. If you are going outside you should add a layer of sunscreen with a SPF of at least 15. Reapply frequently if you will be out for long periods of time. Sunglasses should be worn if your eyes were treated. A hat is also recommended.

Upon making your appointment for an in office TCA peel the nurses will give you a prescription for Emla or “numbing” cream. This should be applied at least one and a half hours prior to your appointment but no longer than two hours before. This will help to anesthetize the area to be treated. You will find attached, a diagram showing you exactly where to apply the Emla cream prior to the application of the TCA peel. If you have any questions, please call our office and speak with one of the nurses.