



## TCA Peel Pre and Post Instructions

### Prior to treatment:

- Refrain from waxing, electrolysis or any other procedures.
- Hold any Glycolic exfoliating gels or washes for 48 hrs.
- Patients with a history of cold sores, please discuss with Dr. Jensen or staff.

### Post treatment:

- Wash the treated area gently, using a mild cleanser.
- Do not peel, pick, scrape, scratch, or use a mask or facial scrub on your skin.
- Use your bleaching cream (if prescribed) beginning in 48 hours.
- Wear proper sun protection daily.

### Immediately following your peel

You **may** experience stinging, burning, tightness, flaking and peeling of the skin as it renews itself. These sensations will diminish in a day or two. If swelling occurs, use ice water compresses for 24-48 hours intermittently, as necessary.

Your skin is very sensitive. Some erythema may persist for a few days.

### For the next 24 hrs

Wash the treated area very gently, using only the cleanser recommended. **DO NOT PEEL, PICK, SCRAPE, SCRATCH,** or use a mask or facial scrub on your skin. **DO NOT** use abrasive cloths or exfoliating sponges on any of the treated areas.

### For the next week

Excessive sunlight should be avoided for at least one week following a peel and one week prior to your next peel visit. Always use a sunscreen as recommended by your physician.

If you have any questions or concerns please contact our office (801) 966-1403.