



### **Treatment Instructions for TCA Peel**

- Do not use the following products 5 days before or 5 days after your treatment (or until pinkness and peeling has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams, unless instructed otherwise by your provider.
- Avoid tanning or prolonged sun exposure 2 weeks before and 2 weeks after treatment. Sun may cause adverse reactions, as well as make your pigmentation worse.
- Apply your Apple Stem Cell Serum 2-4 times a day or as needed for at least 5 days after treatment. –Drinking plenty of water will also assist in skin dryness.
- Apply your ComplexCity Sunblock Moisturizer the day after treatment and re-apply every 2 hours for incidental sun exposure such as driving.
- The next day, cleanse the treated area with your Rose Hip Seed Cleanser with tepid warm water. Apply cleanser to fingertips with water in a gentle motion. Do not use a washcloth or scrubs.
- Although extremely rare, a blister may appear, if so please call the office to let us know.
- Avoid Botox at least 1 week prior to treatment.
- Avoid Dermal Fillers at least 1 week prior to treatment and 1 week after treatment.
- If you have a history of cold sores ask your doctor about an antiviral prescription and use as directed.
- DO NOT PICK, PEEL or FORCE off peeling skin, let it slough off naturally to avoid any scarring, discoloration, infection or adverse reaction.
- You are not a candidate if you are pregnant, breastfeeding, or on topical or oral antibiotics.

### **What to expect:**

- Swelling, redness, and skin peeling: can last 4-6 days in rare cases longer.
  - – Apply cool compresses if needed and use your Apple Stem Cell serum as needed.
  - – Try to avoid alcohol and excess salt the first 24 hours to reduce swelling.
- Redness: can be covered up with makeup the day after treatment if desired, slight redness can remain up to 1 week and longer in rare cases.

- Dry Skin: the skin will flake excessively and feel dry as a normal result of this procedure. This should resolve within 1 week and longer in rare cases.

If dryness persists you may also apply aquaphor if you are not prone to breakouts.

- Excessive scabbing, pain or pustules should be reported to the office right away.

**Healing times may vary patient to patient. Please call the office with any concerns post-treatment and we will be happy to assist you.**