



TCA PEEL POST CARE INSTRUCTIONS

It is important that you adhere to the aftercare instructions provided by your health care provider, Thank you.

- 1) Tonight, apply cool compresses using crushed ice and/or bag of frozen peas to treated areas for a few minutes every hour as needed to decrease swelling.
- 2) Continue to apply Vaseline to the entire treat area twice a day at least, more frequently if skin has dry tight sensation.
- 3) Wash the face twice a day with cool water. AVOID harsh cleansers and rubbing. DO NOT USE any facial washcloth or brush to cleanse the face. Immediately following cleansing reapply Vaseline.
- 4) Allow the cool running water to gently remove the layers of dead brown skin as the new skin underneath heals. This generally takes about a week but varies from 4-10 days. DO NOT PICK.
- 5) Continue to take the oral antiviral medication prescribed until it is completed (1 week starting from treatment).
- 6) You must use daily SPF 30 if exposure to sun is necessary. SPF's can be irritating so, avoidance is best.

- 7) Remember to schedule your follow up appointment, directed by your physician, to discuss your after-peel maintenance skin care regimen.
- 8) Please call us immediately if you experience any pain, see any pustules, or feel the skin is not healing the way described above or at your appointment.

If you have any further questions or concerns regarding your treatment with Sanctuary Cosmetic Center please call our offices.