

# TCA PEELS

**TCA (Trichloroacetic Acid) peels improve many skin conditions including:**

- Dull, weathered skin
- Sun Damage
- Freckling
- Fine Wrinkles
- Blotchy Pigmentation
- Shallow Acne Scars

TCA peels are used to create an even, controlled shedding of several layers of damaged skin cells. The peel stimulates new cells to help tighten the skin decreasing wrinkling. After peeling is complete, new undamaged skin will appear smoother with more even color.

## **Healing process:**

The average “peeling time” for a TCA peel is 5-7 days. There is no pain during this time; however, the skin appears to have had a severe sunburn. The heaviest peeling days are days 3-5. On day 5, an esthetician will apply an enzyme mask with steam to help any unpeeled areas. Sunscreen is then applied. Your skin will be more sensitive to sunlight for at least 6-8 weeks. During this time, it is very important to protect your skin with sunscreen with at least an SPF of 30.

## **Day of your peel:**

- Eat before your peel
- Don't wear make-up
- Take pain medication prior, if you think you will need them, but you will need to have a driver
- Wear loose fitting V-neck T-shirts
- Patients with a history of cold sores will need an anti-viral medication

## **After your TCA peel:**

- Wash your face with a mild gel cleanser that night
- DO NOT PICK. Picking will only delay healing and could result in scarring
- When the skin begins to peel, apply lotion (Ultra Hydrating Moisturizer) as often as needed
- Avoid prolonged or strong showers, pat dry

Splash cool water on face several times daily, but don't dry. Water will help you peel faster

If you feel you are getting a cold sore, call your doctor.

On day 5 after your peel, come into the office for an enzyme peel with one of our esthetician. This will take about 30 minutes. Remember to wear loose fitting clothing (V-neck preferred)

As soon as peeling has stopped, use sunscreen every single day. Your skin will be more sensitive now. An SPF of at least 30 is recommended.

If you have any questions, feel free to call Dr. Helton at 949-646-3376