

TCA (Downtime) Post Peel Skin Care Form

What Are TCA Peels?

TCA is a non-toxic chemical (trichloroacetic acid), which has been used to perform skin peels for over 20 years. It is a relative of vinegar (acetic acid.) When TCA is applied to the skin, it causes the top layers of cells to dry up and peel off over a period of several days lasting up to 10 days. The skin may look flaky or tan as the outermost surface peels off to make room for more radiant, new skin. You may also notice temporarily more pronounced discoloration or age spots as they rise to the skin's surface before getting sloughed away. It's VERY important during this process to let the skin shed naturally do not prematurely pull the skin off. When the old skin is peeled off, it exposes a new layer of undamaged skin, which has a smoother texture and more even color. TCA can be easily adjusted to any depth needed to address common skin imperfections such as brown spots and age spots, to improve the texture of leathery, sun damaged skin and impart more glow, to improve melasma, to treat some types of acne & scarring, to reduce fine lines. Depending on your skin goals a series of 2-3 TCA peels is recommended in conjunction with your regular AHA no down time peels.

How to achieve maximum results with a TCA Peel?

Preparing your skin before the TCA peel can help make the treatment more effective and reduce the risk of complications. Start four to six weeks before your TCA peel. Book your treatments weekly (1x Per Week) for an AHA Rapid Peel Treatment. At home the you should apply Night Resurfacing Cream and Retin A (Vitamin A) to your skin every night – Please consult with your Aesthetician this may vary. If you are having a TCA peel to treat hyper-pigmentation problems, you will need to apply Pigment Correcting Treatment to areas of hyper-pigmentation each night, as well. It is very important to avoid all sun exposure for 2-8 weeks after and 2 weeks before the treatment. SPF 30+ must be apart of your daily skin care regimen, Rain or Shine.

What will my skin look like right after the treatment, and what will the healing time be?

Depending on your skin & layers provided during the treatment you will usually peel for about one week to 10 days. The skin will be pink/red after the procedure for 1-2 hours. This color will gradually fade. Avoid all sun exposure. Redness and tightness are to be expected, accompanied by a brown scale or crust to the skin. This brown crust appears usually 2-4days after the peel, and peels for 3-6 days. The new skin will be pink for 1-3 weeks. Your skin will be more sensitive to sunlight for 4-8 weeks after so don't plan any sunny vacations for at least a month. **During this process please sleep on your back to avoid skin prematurely peeling & compromising your results. It's VERY important during this process to let the skin shed naturally do not prematurely pull the skin off.**

How Should I care for my skin after a TCA Peel?

After 24-48 hours Wash with a gentle cleanser like Vitamin Cleanser and remove any eye makeup very gently. Apply a thick, moisturizer like Ellagic Ultra Calming Cream, Vitamin K Repair, & Hyaluronic Serum. Avoid wearing facial make up until their skins peeling process is complete. You will need to increase your use of a moisturizer after the peel as your skin will be temporarily drier. Derma-Ceutix SPF 30+ will need to be worn daily. It is very important to avoid all sun exposure for 4-8 weeks after and 2 weeks before the treatment.

TCA Peeling Process – Please note the peeling process is different for each individual client

Day 1 Day of Treatment Redness & Tightness - **NO PRODUCT**

Day 2 The next day – Light Redness & Tightness (almost feels like skin is dry) – **NO PRODUCT**

Day 3 – 4 Redness gone, Very Tight Skin - Starting to look like snakeskin. **Crepey looking skin**

Wash gently with Derma-Ceutix Vitamin Cleanser. Apply a thick, moisturizer like Ellagic Ultra Calming Cream, Vitamin K Repair, & Hyaluronic Serum. Apply SPF 30+ if you leave your house. Rain or Shine!

Day 4 – 6 Skin Starting to peel/shed/flake - Starting around mouth area - comes off in pieces/flakes,

Towards the end of day peeling is going towards outer face, NO peeling on forehead yet. **Do not pick or pull the skin!** Wash gently with Derma-Ceutix Vitamin Cleanser. Apply a thick, moisturizer like Ellagic Ultra Calming Cream, Vitamin K Repair, & Hyaluronic Serum. Apply SPF 30+ if you leave your house. Rain or Shine!

Day 5 – 7 Peeling is now going towards outer face & peeling on forehead – can see the fresh skin next to dead skin that has not sloughed off yet. Towards the end of day forehead peeling gone & outer face is lightly flaking in hair line. Wash gently with Derma-Ceutix Vitamin Cleanser. Apply a thick, moisturizer like Ellagic Ultra Calming Cream, Vitamin K Repair, & Hyaluronic Serum. Apply SPF 30+ if you leave your house. Rain or Shine!

Day 6 – 10 Peeling is finished & flaking in outer face/hair line - The new skin can be pink for 1-3 weeks.

Wash gently with Derma-Ceutix Vitamin Cleanser. Apply a thick, moisturizer like Ellagic Ultra Calming Cream, Vitamin K Repair, & Hyaluronic Serum. Apply SPF 30+ if you leave your house. Rain or Shine!

***Continue Post Peel regimen until your next appointment with your Aesthetician and they will provide you with a new regimen.**

Wash gently with Derma-Ceutix Vitamin Cleanser. Apply a thick, moisturizer like Ellagic Ultra Calming Cream, Vitamin K Repair, & Hyaluronic Serum. Apply SPF 30+ if you leave your house. Rain or Shine!

General Post Peel Guidelines

Wash your face with cool water. Warm or hot water might not feel as good as cool or cold water, which can help soothe post-peel sensations.

Moisturize & Hydrate. Peels can temporarily compromise your skin's protective barrier, it's important to reinforce that barrier with a medium-to-thick moisturizer. Also, drink more water to help avoid dehydration, which could make your skin feel tight.

Apply DERMA- CEUTIX sunscreen with SPF 30 or more. Your skin is more delicate after a peel, so avoid direct sun exposure, which can lead to even more visible signs of skin aging. If you must be exposed, use a Broad-Spectrum physical sunscreen.

Avoid strenuous workouts, dry saunas & steam rooms. Increased blood circulation to the face can intensify warming, tingling, itching, redness or other uncomfortable side effects on freshly peeled skin. Skip such activities on the day you use a peel.

Don't over-exfoliate. Peels are maximum strength exfoliants, so you don't need to use a separate exfoliant (like a scrub, brush or exfoliating cleanser). Over-exfoliating can lead to more redness or sensitivity, so wait until your skin feels up to it.

Notes: _____

For any questions or concerns please contact your Aesthetician.

For proper skin care maintenance, we recommend your regular rejuvenation treatments are booked every 3-4 weeks.