



### **Medium depth peel/ TCA peel Post Care Instructions**

- The procedure may cause swelling, redness, crusting, dryness, skin sensitivity, itching, and peeling of the site which could last for 7-10 days. In the days after the peel, the skin may feel and look tight, with parchment-paper like changes or darkening. These are EXPECTED reactions.
- You may notice peeling 2-3 days after the treatment. A majority of the time it will be in places where there is movement (around the mouth and forehead).
- Avoid activities that can cause flushing (exercise, hot tubs, sauna) for 72 hours after the treatment (or until peeling starts).
- A cool compress will help the irritated areas (15 minute intervals, three to four times the first day). Tylenol and Ibuprofen can also assist with this process. Apply 1% hydrocortisone cream to reduce redness and itching.
- Vinegar soaks can also help with irritation and itching of the skin. Recipe: 1.5 oz white vinegar added to 1 quart water. Soak cotton balls in solution, and blot the treated area. Dilute with additional water if the solution feels like it is burning. Repeat daily as needed.
- DO wash twice a day with a gentle cleanser and liberally apply a moisturizer after cleansing and throughout the day as needed to prevent dryness and formation of crust. It will help reduce the appearance of the peeling.
- Makeup can be applied 24 hours after the treatment. We recommend a mineral based that is non comedogenic.
- The skin below is healing and the dead top layers are getting ready to shed. The skin will become darker and brawny as the skin peels: any age spots will be many shades darker.
- Large "flakes" may start to crack on the skin's surface: Do NOT vigorously rub the skin and DO NOT pick at the flaking skin as this may cause scarring or hyperpigmentation.
- Sun protection is critical. You should NOT have any sun exposure! Avoid direct sunlight and wear protective clothing. Use a broad spectrum sunscreen (UVA/UVB) with a minimum of SPF 30.
- Avoid using any skincare that contains AHA, Glycolic Acid, Salicylic Acid, Retin- A, Retinol, and Vitamin C for 7-10 days.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call Blush and Grey at 719-728-2878.