

T.C.A. AFTERCARE

Today you have had Trichloroacetic acid (TCA) peel. Prior to this you have had pre-peel treatment. Now you must have the post-peel treatment.

- You will be given prophylactic antibiotics to prevent any possible superinfection.
- You need to wash your face twice daily, using a gentle cleaner or soap which is lathered on the hands, gently patted onto the face and rinsed off with lukewarm water.
- After this gently dab diluted hydrogen peroxide 3% with cotton or gauze onto your face and rinse this off with luke-warm water.
- Finally apply the hydrocortisone ointment gently without excessive rubbing. You may apply ointment as often as you need to keep the dead layer of tissue soft.
- Once the skin feels normal (after about 7 days) the nightly Retin-A cream should be resumed.

If you or the Centre Doctor are concerned about hyper pigmentation then you should also use the hydrocortisone cream daily (in the morning).

- Your skin will peel for about seven days and you must make an effort not to pick at any dead tissue. You will also notice a redness (erythema) for about 3 to 5 days.
- Most importantly, if you go outside you will need to apply a sunscreen.

There are some other strict rules that you should follow:

- no sunlight exposure during the time your skin peels
- no exercise or sweating
- no picking, rubbing or unnecessary touching of your face
- do not let the shower spray hit you directly in the face
- sleep on your back so that the peeling skin is not accidentally rubbed on your pillow
- try to minimise facial movement

So as you see, your active participation is very important to achieve the best possible success from the peel.

We hope that you are satisfied with the result.

Should you have any problems or queries whatsoever call us at the Aesthetic Surgery Centre on 8347 4416.

If for some reason, you are unable to contact us, then please call your General Practitioner.