

### TCA Peel Pre Care Instructions

1. You must NOT have any facial tan. This includes tan from self-tanning product.
2. You must strictly avoid sun exposure to the area and use a sunscreen for at least 1 month before and 3 months after the procedure. After then, a sunscreen should always be applied.
3. Use the topical preparation(s) prescribed by the doctor as directed up until the day of the procedure. You will be instructed at your follow-up visit when to resume these topicals.
4. Unless otherwise instructed, you will begin taking an oral medication, Zovirax or Valtrex, three days before the scheduled procedure and will continue the medication for a total of ten days. This is to prevent the chance of any cold sore (herpes simplex) from developing, if you were not given a prescription at the time of your visit, please call the office for one at least one week before the procedure. If a cold sore is present, the procedure must be postponed until completely cleared.
5. Unless you have a sensitivity or allergy to aspirin or ibuprofen, begin taking one or the other 24 hours before the TCA peel as follows:
  - Aspirin: 2 tablets 4 times a day with food,
  - Ibuprofen: 400 mg 3 times a day with meals
6. Unless otherwise discussed, you will be given Demerol and Valium at the time of the procedure to minimize any discomfort. These medications decrease your reflex abilities; therefore, you **MUST** have someone with you to drive you home.
7. Arrive for the procedure one hour before the scheduled TCA peel time. A cream to help numb the skin will be applied at that time.
8. Please have ALL eye make-up removed BEFORE coming to the office. You may cleanse any facial make-up off in the office. Please do not wear contacts.
9. Wear a comfortable blouse, preferably with buttons.
10. You will want to purchase ahead of time a fresh container of Vaseline and a tube of Bacitracin ointment, usually found by the first aid supplies. We prefer you use NEW products rather than any old ones you may already have at home. A clean misting bottle may also be helpful.
11. You can expect to have moderate to bright redness for the first two to three days. Afterwards, the top layer of skin will become brown and very dry. This layer will shed off over the remainder of the week. DO NOT pick or peel it off. Use your topical products as you are directed. You may wish to not schedule work or social events for approximately 7 days.
12. Payment for the procedure is required as follows:
  - One-half the cost of the procedure must be paid at least one week in advance of the scheduled procedure.
  - The remaining half is to be paid by the day of service.