

Non-surgical anti-aging treatments

**MEDISKIN CLINIC**

Suite 4, 9 Church Street, Terrigal NSW 2260

02 4385 5900

## TAKING CARE OF A TCA PEEL

The most important concept in healing from this type of face peel is to allow the old, chemically “burnt” skin to stay in place, as a bandage, as long as possible. Anything that promotes premature peeling of this skin will increase the chances of complications.

With this basic rule in mind, post-peel care is very easy to understand.

The daily routine of skin care is listed and the “*Instructions for care During Facial Peels*” In summary it states:

- The face is washed gently twice a day (with a mild cleanser) to remove excess medications, dirt and debris from the skin. It is not necessary to remove all traces of previously applied medications.
- After washing the skin is then treated with an antiseptic such as 3% hydrogen peroxide or compress to kill bacteria growing on the skin. Many times the patient will have to dilute the peroxide to half strength (with clean water) to decrease its tendency to sting and burn.
- An ointment is then applied to keep the soft skin pliable and to prevent cracking and premature peeling of the skin. I usually use 1% hydrocortisone ointment to help decrease the itching.

There are several rules for behaviour during the healing process:

- Washing - Wash gently – don’t use washing as an excuse to accelerate the peeling process
- Don’t use a washcloth – lather the soap on your hands and gently apply it to your face.
- Don’t let the shower beat on your face – have it hit your back or chest.
- If you wash your hair, wash it with your head tilted backward in the shower after ointment has been applied to your face.
- Medications - Only use what the doctor has given you – you can easily react to many of your normal products during the peel.
- Gently dab medications on your face – don’t try to rub them in, you may accidentally dislodge the peeling skin.
- Keep the skin very moist with ointments, so it won’t dry out and peel prematurely or begin to itch.
- Don’t touch your face except when applying medications.
- Exercise - Avoid sweating – it creates stinging and itching and may soak off the old peeled skin. Patients who want to exercise can take a leisurely walk in the early morning or late evening, while wearing a broad-brimmed hat.
- Remember, being outdoors during sunny hours is dangerous to your peel even with a hat or visor, since 50% of the UV light can be reflected upwards from the ground.
- Remember, UVA (tanning ray) goes through glass, so it is necessary to avoid exposure to direct sunlight even though glass when healing from a peel.
- Avoid sunlight for 2-3 months after a peel – it may feel hot and uncomfortable and it can create dark blotches in your new skin.
- Sleeping - Try to sleep on your back to avoid rubbing your face into the pillow and peeling prematurely (it may help to put pillows on either side of your body to prevent you rolling over). If you have a good deal of facial swelling during the first two days you can sleep with an extra pillow.
- Activities - Excessive stretching of the skin (i.e. hearty laughter, eating a large sandwich, or going to the dentist) may cause premature peeling of the skin and lead to the formation of scars.
- You are welcome to leave the house as long as you don’t sweat, exercise heavily, go in the sun, or excessively move your facial muscles.