

TCA 35% Full Face Aftercare Sheet

What to expect:

- Itchiness is a common post-procedure occurrence and can be alleviated with antihistamines.
- Whiteheads may develop due to the moisturizing ointment; this is normal and resolves naturally over time.
- Swelling, especially under the eyes, peaks immediately after the procedure and typically lasts 2-3 days. This is a normal response. To manage, keep your head elevated in bed and use cold compresses if needed—avoid applying ice.
- Cracking and peeling of the skin will occur. Refrain from picking the skin; if necessary, trim hanging skin with blunt-nosed scissors.
- Showering is permitted 2 days after the peel. Tilt your head backward during the shower, avoiding direct water pressure on your face.
- Consider the peeling skin as a protective layer for the fresh skin underneath. Do not rub or pick the skin for optimal results.

SKIN CARE ROUTINE:

DAY 1:

- Moisturise with thin layers of Paw Paw or Sorbelene. Avoid thick application to prevent skin congestion.
- Prevent skin dryness, as it may cause irritation to the new tissue underneath.

DAYS 2-7:

- Cleanse with a gentle cleanser twice a day; pat the skin gently to dry, do not rub.
- Moisturise with Paw Paw or Sorbelene.

DAYS 5-7:

- Resume makeup once peeling has concluded.
- Await advice with starting hydrocortisone cream.

DAYS 1-14:

- Avoid irritating skin products such as retinoids, AHA/BHA, and benzoyl peroxide.
- Avoid sun exposure and wear Zinc sunscreen.

WEEKS 1-6:

- Avoid waxing; use tweezers only.
- Practice sun avoidance and consistently use sunscreen indefinitely.

MEDICATIONS:

- Keflex: Take 2 (500mg) tablets in the morning and 2 (500mg) tablets at night. Complete the prescribed box over 5 days.
- Valtrex: If you've had the cold virus before, take 1 (500mg) tablet in the morning and 1 (500mg) tablet at night for 5 days.
- Antihistamines: Use as needed for itchiness.