

TCA 35% Spot Treatment Aftercare Sheet

Post Treatment Instructions:

- The treatment areas may become darker in colour over the 7-10 days after your procedure. Please avoid picking these areas and allow the skin to peel in it's own time. Consider the peeling skin as a protective layer for the fresh skin underneath. Do not rub or pick the skin for optimal results.
- Cleanse as normal with a gentle cleanser e.g. Cetaphil as needed; pat the skin gently to dry, do not rub. Moisturise as normal with a gentle moisturiser as needed, e.g. Cetaphil. Avoid irritating skin products such as retinoids, AHA/BHA, and benzoyl peroxide.
- Avoid sun exposure and wear Zinc sunscreen.
- If advised to do so by your treating doctor, please apply a small amount of 1% hydrocortisone cream to the treatment areas 1 week AFTER your procedure (after the area has peeled) for 2 WEEKS once at night.
- Please continue vigilance with sun avoidance and protection to avoid developing rebound pigmentation (post-inflammatory hyperpigmentation) and to maintain your results.