

## Trichloroacetic Acid (TCA)/Phenol Peel Instructions

**YOU WILL NEED TO PURCHASE:** CETAPHIL OR CERAVE SOAP, 1% HYDROCORTISONE CREAM (IF INDICATED – AVAILABLE OVER-THE-COUNTER), AQUAPHOR, PRESCRIPTIONS.

### Evening Before Surgery

1. Wash face thoroughly.
2. **NOTHING TO EAT, DRINK (including water), OR SMOKE EIGHT (8) HOURS PRIOR TO SURGERY if being performed under general anesthesia.**
3. Take medications as prescribed/directed.

### Morning of Surgery

1. Shower/bathe and wash hair (if not done so the night before). Wash face thoroughly and be sure ALL makeup is removed.
2. Take two (2) aspirin tablets or other anti-inflammatory (Motrin, Ibuprofen) one (1) hour before procedure. **DO NOT take these products if peel is being done in conjunction with other surgery/procedure, general anesthesia, or if your medical history contraindicates.**
3. If procedure is being done under local anesthesia, you will need to arrive 1 hour prior to the procedure for numbing cream.

### After Surgery

1. You may experience a feeling similar to sunburn during the application of the TCA and for several hours or more after procedure. You may also experience some swelling within the first 24 hours after application. These side effects may be diminished by gently splashing the skin with cool water five to six (5-6) times a day, or you may use cool compresses intermittently.
2. Take two (2) additional aspirin/Motrin/Ibuprofen tablets four (4) hours after application of TCA, and again eight (8) hours after peel, **if instructed to do so.**
3. Wash your face twice (2x) daily by using the recommended soap (Cetaphil or Cerave). Lather in your hand and use fingertips to **GENTLY** cleanse face. Rinse with lukewarm water and PAT dry – **DO NOT** use wiping motion.
4. Apply Aquaphor four to five (4-5) times a day. It is important to prevent the face from becoming dried out following your procedure. **NO** picking, rubbing, or unnecessary touching of the face as this can cause scarring. You will continue to apply Aquaphor until instructed by Dr. Hobgood & staff to discontinue use.
5. Exercise may be resumed seven to ten (7-10) days after the TCA peel. Exercise may exacerbate any remaining redness – this can be lessened by applying cold compresses after exercising.

### Other Instructions

1. There will be redness to the skin for the first 48-72 hours. The skin will then begin to darken and wrinkle. Small blisters may also occur. During this time, your skin will begin to flake and shed itself. This process may take 48-72 hours. At completion of healing, the skin may appear faintly pink and blotchy, which usually fades over a three to five (3-5) day period.
2. If the area to be peeled includes around the mouth, you will be started on Valtrex (anti-viral medication) three (3) days before the peel and will continue for at least one (1) week following the peel. This minimizes the risk of developing cold sores/fever blisters. It is important to contact the office immediately both before and after your procedure if you develop unusual tingling of your lip or early stages of a cold sore/fever blister.

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3. Resurfacing (Retinoic Acid) and bleaching creams will be resumed **ONLY** if instructed by Dr. Hobgood. These products are not typically resumed for two to three (2-3) weeks after your peel. Introduce one (1) product at a time, waiting one to two (1-2) weeks before adding another product to your skincare regimen.
4. It is best to avoid makeup for the first seven to ten (7-10) days after your peel. If necessary, Jane Iredale makeup may be applied the day after your peel, but be sure to use Aquaphor **continuously** while at home. Please contact the office before applying any makeup.
5. **AVOID EXCESS SUN EXPOSURE!** Use an SPF of at least 20 with both UVA and UVB (broad-spectrum) protection.

**Please don't hesitate to call the office, day or night (there is an on-call physician outside of our office hours) at 480-214-9955 for any active bleeding, persistent vomiting, or a persisting fever that does not come down with the proper use of post-operative prescription medications or Tylenol.**