

TCA/Jessner Peel

Pre and Post Treatment Care

Before Chemical Peel Treatment:

- Discuss any changes to your medical history, medications, allergies or tendencies for poor healing with your aesthetician.
- Avoid sun tanning, including tanning beds and sunless tanning creams for at least 2 weeks prior to treatments.
- Avoid use of isotretinoin (Accutane) for 6 months prior to treatment.
- Avoid use of exfoliants, including Retin-A, Renova, Glycolic Acids or AHA for 1 week prior to treatment.
- Avoid chemical or mechanical irritants 1 week prior to treatment.
- You may not proceed with this treatment if you are pregnant or breastfeeding.
- If you have a history of oral herpes, you must pre-treat with an anti-viral 3 days before your scheduled visit.

After Chemical Peel Treatment:

- Immediately following treatment, you will notice redness similar to a severe sunburn. After approximately 48 hours, the bright red color will fade to pink and will continue to fade slowly over the following weeks.
- Avoid getting treated area wet for 6 to 8 hours (at a minimum, overnight). Apply moisturizer liberally for 48 hours immediately following the peel.
- After 24 hours, wash your face with a gentle, acid free cleanser, tepid water, and avoid topical products that contain alpha or beta hydroxy acids, retinols or Retin A for approximately 72 hours or longer. If irritation occurs after applying the above products, wait a few more days to allow your skin to heal. Under no circumstances should you use a product that abrades the skin within that 72-hour period (scrubs), nor should you submerge the treated area in chlorinated pool or hot tub for the next 3 to 5 days.
- Avoid direct sun exposure for at least 1 week after your treatment and always apply SPF 30 or higher when outdoors.
- After two to four days, your skin will begin to peel. Do not pick or scratch at peeling skin as this may cause scarring or infection. You may apply moisturizer liberally.
- Should you develop an allergic reaction to a product, avoid scratching the skin and speak to your pharmacist for recommended OTC medications. Should you develop a severe reaction or difficulty breathing, seek help immediately or call 911.
- Do not apply makeup until redness has subsided.
- Avoid excessive heat and exercise for 48 hours as internal heat can cause hyperpigmentation.
- Avoid use of exfoliants for one week after your treatment.

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