

Chemical Peel Aftercare

Instructions

Trichloroacetic Acid (TCA); Alphahydroxy Acids (AHA)

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).

TCA:

- Resume normal activities and employment in 7-10 days.

AHAs:

- You may engage in normal activities and employment immediately.

Treated Area Care

- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Inspect daily for signs of infection.
- Avoid sun and wind until your normal skin color returns.
- Do not use makeup until the crusting is completely gone, about 2 weeks after treatment.

AHAs:

- Hair can be shampooed the next day.

What To Expect

- Temporary throbbing, tingling, swelling, redness.

- Acute sensitivity to sun.

TCA:

- New skin formation in 5-10 days.
- May have significant swelling, depending on the strength of the peel.
- Moderate discomfort and any mild swelling should subside within a week.
- Healing is quick.

AHAs:

- May have temporary stinging, irritation, crusting, flaking or scaling and dryness of skin.

Appearance

- Smoother and improved skin texture; younger, fresher-looking skin.

Follow-Up Care

TCA:

- Two or more additional peels may be necessary to achieve desired result.

AHAs:

- Periodic treatments may be necessary until desired effect is achieved.

When To Call

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.