

Janet H. Prystowsky, MD, PC



Dermatologic Surgery

Post-Peel Instructions for Spot Trichloroacetic Acid Peels

- Avoid all sun exposure, even through windowglass.
- Avoid having the shower spray strike directly on your face
- Do not pick, rub, or unnecessarily touch your face
- Try to sleep on your back.
- Wash your face gently with your fingers, a mild cleanser like Dove soap, and pat gently to dry.
- For the first 10 days post-peel, apply Polysporin Ointment, cover with Elta MD sunblock during the day. Reapply Polysporin Ointment at bedtime.
- Continue applying Elta MD sunblock to area for 3 months to prevent repigmentation.

Return to Dr. Prystowsky's office within one month to assess the need for bleaching cream.

Please call Dr. Prystowsky at 212-230-1212 if you notice persistent redness after a few weeks.