



Post-Peel Instructions for Trichloroacetic Acid Peels

- Try to sleep on your back with your head elevated on a couple of pillows.
- Use cold or ice compresses to help bring the swelling down.
- Red and swollen skin is to be expected followed by formation of a light brown layer of skin. Over the next few days, this will slough off to reveal the new pink skin.
- Your skin may feel stiff and leathery. Do not pick, rub, or unnecessarily touch your face, which can increase the risk of infection, scarring or decrease even-colored skin tone.
- Avoid having the shower spray strike directly on your face.
- Wash your face gently with your fingers; use a mild cleanser like Dove soap; pat gently to dry.
- For the first 10 days, post peel, apply Polysporin Ointment, then cover with Elta MD sunblock. Reapply Polysporin Ointment at bedtime.
- The idea is to keep the skin glistening with the ointment.
- Continue applying a zinc and titanium oxide sunblock to area for 3 months to prevent repigmentation
- Always apply sunblock under make-up, even when you plan to be indoors.
- Daily sunblock helps to prevent sun damage.
- Wear a hat to protect your skin from direct sunlight.
- Do not use tanning beds.
- Sunlight, either direct or through windowglass, can cause brown discoloration.

You may resume wearing make-up within a week, if there is no evidence of crusting or tenderness. You may NOT have hair removed from the treated area for the next 30 days.

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

- Return to Dr. Prystowsky's office within one week, to assess initial healing, and in one month for final healing results.