



TCA PEEL WITH JESSNERS

Post Peel Instructions

The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.

IMMEDIATELY AFTER THE PEEL AND UP TO 24 HOURS

Skin may be tight and more red than usual. Skin may feel tacky and have a yellow to orange tinge. This is temporary and will fade in a few hours. Wait until bedtime before washing your face. If you have the treatment late in the afternoon, you will not need to cleanse before bed. Avoid strenuous exercise starting the day of procedure and while the skin is peeling.

24 HOURS AFTER THE PEEL FOR 7 DAYS

Skin may be tight until it starts to peel. Peeling will generally start between 48-72 hours after the procedure and can last 2 to 7 days. **DO NOT PICK OR PULL THE SKIN.** Allow skin to peel at its own pace. Premature peeling of the skin will result in dry, cracked, raw skin that may develop into post-inflammatory hyperpigmentation.

POST-PEEL SKIN CARE REGIMEN

1. Wash face morning and night with gentle cleanser. **Do not scrub or use a washcloth while the skin is peeling.**
2. Avoid using any products/cleansers with acids, exfoliators, or anti-aging properties, such as Retinols and Vitamin C.
3. After cleansing, Aquaphor/Argan Oil/Coconut Oil should be applied to the entire face or area that has been treated. You can continue to spot treatment throughout the day as needed.
4. It is important to **apply an SPF** of 30 or higher when exposed to the sun. AVOID direct sunlight for at least one week.

**A post-procedure skincare kit containing a gentle cleanser and physical sunscreen will be provided to you after your treatment. You will need to purchase Aquaphor/Argan Oil/Coconut Oil.*



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PLASTIC SURGERY & AESTHETICS

AFTER THE PEELING IS COMPLETE

You may resume the regular use of retinol, alpha-hydroxy acid (AHA) products or bleaching creams ONLY after the peeling process is completed. Wait until peeling has completed before having ANY OTHER FACIAL PROCEDURES including facials, microdermabrasions, facial hair removal (including laser hair removal), injections or injectable fillers. Do not use a facial cleansing device (ie, Clarisonic®) until the peeling process is complete.

CONTACT THE OFFICE IMMEDIATELY IF YOU ARE EXPERIENCING REACTIONS AFTER YOUR PEEL, SUCH AS:

- Moderate to severe swelling, burning or redness
- Itching that does not subside or resolve after applying moisturizer
- Rash-like skin appearance
- Pain

FOLLOW UP

Please make your follow-up appointment by calling the office or as instructed by Dr. Holland. If you have any problems before then, do not hesitate to call 207-835-4777 for assistance. **After hours, please call the office and press 7 when prompted to reach Dr. Holland directly.**