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### **TCA CHEMICAL PRE-PEEL PROCEDURE INSTRUCTIONS**

1. *After your initial consultation, start washing your face routinely with a gentle cleanser as instructed. Cleansers that are recommended; Dove Unscented or Sensitive Skin White Bar, Oilatum, Aveeno Bar, Keri Bar, CeraVe Cleanser, Basis or Cetaphil Cleanser.*
2. *Avoid extensive sun exposure. Apply a sunscreen with SPF 30 with zinc oxide or greater as part of your daily routine.*
3. *Two weeks prior to your peel you may begin a regimen of Glycolic Acid Cream/Lotion/Gel.*
4. *For one week prior to the peel; **STOP** use of following treatments and products:*
  - Retin A, Renova (tretinoin)*
  - Waxing, Depilatories or Electrolysis*
  - Masques, Loofas and other sponges*
  - Hair Dyeing, Permanent Waves or straightening treatments*
  - Other resurfacing treatments*

*The use of these products/treatments prior to your peel may increase the reactivity when the chemical is applied.*

5. *We have reviewed your medical history and discussed the following areas;*
  - Allergies*
  - History of Atopic dermatitis, eczema, seborrheic dermatitis, viral infections, collagen disease, autoimmune disease*
  - Medications used at present*
  - Photosensitivity (sun sensitivity)*

*If there is any additional information that has not been discussed, please contact me prior to your peel. As a reminder, if you have a history of herpes simplex (cold sores), you should be on preventative medication. The peel procedure can induce an episode of herpes lesions on patients who have had them previously.*

6. *On the day of the peel, please come to the office with a fully cleansed face; no makeup, after shave or cologne should be applied. Avoid shaving on the day of the peel. Please bring with you either Vaseline Petroleum Jelly or Aquaphor to be placed on the treated area(s); this will be what you will be applying to your treated area(s) post-procedure as well.*
7. *Start antibiotic (Keflex) and antiviral (Valtrex) prescriptions the day **BEFORE** you are scheduled for your TCA Peel.*