

CHELSEA OBOURN MD
LAKESIDE
COSMETIC CENTER

Pre-Treatment Instructions- TCA Peel 10-25%

* We recommend you discontinue use of tretinoin products (and other Vitamin A derivatives) 2 weeks before treatment. You should not undergo treatment if you have taken isotretinoin (Accutane) within 1 year.

* Buy these necessary supplies:

- * White vinegar
- * Cotton balls
- * Q-tips
- * Distilled water
- * Aquaphor
- * Cetaphil moisturizer (without SPF)
- * Cetaphil cleanser

* Please inform the provider if you have a tendency to develop cold sores as you will need to be treated with Valtrex prophylaxis.

* You must avoid the sun, tanning booths, etc. for at least five (5) days after the chemical peel.

Post-Treatment Instructions- TCA Peel 10-25%

* Wash gently in a circular motion using a mixture of ½ tablespoon white vinegar with 1 cup of distilled water for the first 3-7 days, depending on the strength of your peel. Make sure you rinse the vinegar solution off thoroughly with distilled water and pat dry.

* Lightly re-apply the Aquaphor healing ointment over the entire face after each cleansing.

* Cleansing should be done 3 times a day for the first 3-5 days, and 2 times a day thereafter.

* On day 4-8 (depending on the strength of your peel) you may stop using Aquaphor and begin using Cetaphil cleanser and moisturizer. Please use the plain Cetaphil without SPF, as the SPF may be irritating. The provider will advise you on the duration of Aquaphor use.

* On day 5-10, you may start using mineral makeup/mineral sunblock (Bareminerals or Jane Iredale are good brands).

* Gradually transition back to your usual skincare routine in 1-2 weeks.

* If you experience any burning, itching or unusual redness after using any of these products, discontinue immediately and call the office for further instructions.

* If you have any questions or concerns, please do not hesitate to call our office at **585-905-3414**.