

Chemical Peel (Trichloroacetic, Acid, TCA) Post-Operative Instructions

What are my post-operative instructions?

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin for one week after your procedure.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Treated Area Care:

- Immediately after surgery, the face will be covered with Bacitracin ointment. On the night of surgery, you may keep several iced gauze sponges over the face. Alternatively, you may have a tape dressing on your face placed at the time of surgery. Your surgeon will remove this in 48 hours if it is applied.
- On the first morning after surgery, you may wash your face with plain cool tap water and then reapply Bacitracin ointment. This should be done 3 times a day.

- After 3 days, the Bacitracin ointment is discontinued, in favor of A and D ointment.
- You may wear makeup approximately 10 days after your surgery when all the crusts have separated.
- A sunscreen of at least #15 SPF should be worn for at least 12 months after surgery if you are to be exposed to direct sun.
- Your “new skin” will appear red in color and be moist. For a few weeks, there will be a color difference between your new skin and the areas which were not included in the peel. This color difference will eventually be less obvious. Generally, mature peeled skin is slightly paler in color than non-peeled skin.

What should my activity level be?

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).

TCA:

- Resume normal activities and employment in 7-10 days.

What will it look like?

- Smoother and improved skin texture; younger, fresher-looking skin.

How should I expect to feel?

TCA:

- New skin formation in 5-10 days.
- May have significant swelling, depending on the strength of the peel.
- Moderate discomfort and any mild swelling should subside within a week.
- Healing is quick.

What follow-up care will I receive?

TCA:

- Two or more additional peels may be necessary to achieve desired result.

When should I call my doctor?

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

Who should I call if I have questions?

- (734) 998-6022, Monday - Friday, 8 a.m. - 4:30 p.m.
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Plastic Surgeon on call.

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