

Instructions for Post Jessners TCA Peel

1. Tonight before bedtime, apply Eucerin Cream to entire chemical peel area. Use regular Eucerin cream, not Eucerin cream plus. Wash off cream three times daily in the shower and then reapply. DO NOT use a wash cloth or soap, only water and your fingertips. Pat face dry with a towel. Do this for four days after your peel.
2. Continue to take the antibiotics and Valtrex-- if prescribed for you---until gone.
3. Contacts may be worn five days after the Jessner's TCA peel.
4. Glasses may be worn ten days after the Jessner's TCA Peel. Avoid prolonged pressure on the peeled areas.
5. Aspirin may be taken for the burning IF you had no other surgical procedures with an incision.
6. The pink color will last from 10 days to two months and will be more noticeable with exercise and strenuous activity.
7. Make-up can be worn approximately one week after surgery
8. You MUST avoid direct rays of sun for at least three months since blotching of the peeled area may appear if the new, delicate skin is exposed too early. If you are going to be exposed to the sun, the peeled areas should be protected for three to six months by wearing a large brimmed hat and a sunscreen product with an SPF of 30. This means sunning oneself, golfing, fishing, tennis, or similar activities during the sunny part of the day should be avoided during this three to six month period.
9. If any questions arise in your mind or anything should develop that you are uncertain about, do not hesitate to telephone us.
10. Please make every attempt to keep all follow-up appointments. It is vitally important that we monitor your healing.