



## **TCA Peel Aftercare Instructions**

**\*It is important that you adhere to the aftercare instructions provided by your healthcare provider**

First night - Wash face 4-6 hours after your peel with room temperature water. You may use a gentle cleanser, such as an Alastin, CeraVe, or Cetaphil.

If needed, you may take over the counter Benadryl to help with swelling during the post-peel healing.

It is to be expected that areas of hyperpigmentation will darken and even feel tight. Do not be alarmed.

If needed, continue to take your oral antiviral medications as prescribed until it is completed.

Apply Nectar product to the entire treated area at least twice daily. Apply more frequently if skin is irritated or has a dry, tight sensation. You may also apply Vaseline throughout the day to assist with dryness.

Wash your face twice a day with cool water using a gentle skin cleanser. Do not use a face cloth or brush to cleanse the face. Immediately after, apply Nectar or Vaseline.

Allow the cool running water to gently removal the layers of dead, brown skin as the new skin underneath heals. The generally takes about a week but can vary 4-10 days. **DO NOT PICK THE SKIN.**

Use medical grade SPF 50+ sunscreen if exposure to the sun is necessary. SPF can be irritating to the skin during this initial healing, so avoidance is best.

It is normal that new skin may have a pinkish appearance. This will continue to improve as your skin heals.

You may resume your normal skin care 2 weeks after your peel.



Please call the office immediately at 919-307-8585 if you're experiencing pain, have pustules, or feel the skin is not healing the way described above.

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