



FOOTHILL DERMATOLOGY  
MEDICAL CENTER

## Instructions for TCA Chemical Peels

### **Before the peel**

1. Discontinue Retin-A, Differin, Renova, Tazorac or Retinol 48 hours before the peel.
2. Avoid any glycolic acid creams or lotions for 24 hours before the peel.
3. If you have had a fever blister please notify the doctor or nurse prior to the peel. Chemical peels should not be applied if fever blisters or wounds are present or healing.
4. Take Ciprofloxacin twice a day, or Keflex 500mg four times a day to be started on day prior to the peel
5. Take Acyclovir 200mg five times a day or valtrex 500mg 2 times a day to be started one day prior to peel

### **After the peel**

1. Use cetaphil soap to wash the area twice a day
2. Soak face two times a day with a solution of 1 part water and 1 part clear vinegar.  
(will be started the day you start to peel)
3. Stay out of the sun. Sun exposure may cause dark blotchy spots on your skin.
4. Do not pick. Picking may cause permanent scarring.
5. Keep area moist all day with ointment such as pure Vaseline, Aquaphor healing ointment, or Polysporin.
6. If you have any questions about the healing process please don't hesitate to call our office.
7. No make-up until physician advises that it is ok.
8. Do not use any creams or lotion except what is recommended by the physician.
9. Do not restart your Retin-A, Differin, Renova, Tazorac or Retinol until physician advises you to do so.