
TCA POST PROCEDURE INSTRUCTIONS

- We will apply ointment to the treated areas immediately after the procedure.
- Do not attempt to wash the areas treated for 24 hours. Post procedural ointment (such as Vaseline/Aquaphor or Stracel ointment) can be reapplied with clean gloves that have been pre-purchased. Or with freshly washed hands
- Cool compresses (ice packs or a bag of frozen peas) may be used intermittently to ease heat-related discomfort and reduce swelling.
- Position yourself with pillows or use a recliner to ensure you sleep on your back the first few nights. Sleeping slightly elevated can help reduce swelling.
- Begin doing vinegar soaks at home on day 2 of the healing process. Cleanse gently 3 times daily (morning, mid-afternoon, and bedtime) with gloves and distilled water/vinegar solution (see directions below). DO NOT use a washcloth. Gently pat dry with gauze. Then apply enough post procedural ointment to coat your skin with a slight sheen.
- Petrolatum ointment may be reapplied as needed when skin feels tight and dry.
- After all of the crusting has come off, you will be able to apply a moisturizer and sunblock. Makeup can be worn on the face once all of the crusting has come off (approximately day 7).
- The face generally heals in 7 days. The neck and chest generally heal in 10-14 days. The arms and hands can take 14-21 days to heal.
- Around days 3-4, you might start to feel an itching sensation. Apply a pea-sized amount of OTC hydrocortisone cream to itchy areas only.
- If Hydrocortisone and post procedural ointment does not help with itching, you can start taking Benadryl at bedtime for the itching.
- When the skin begins to flake off, do not pick, pull, or scrub. Allow your healing to occur naturally. Failure to do this can result in scars and discoloration.
- You may shower and wash your hair but be careful with the treated area. Do not allow shampoo and conditioner to run onto the treated area.

Vinegar Soak Instructions

- Mix one tablespoon of distilled white vinegar and one cup of distilled water. Dampen gauze pads until wet, but not dripping. Unfold the gauze into a single layer and apply over the treated skin (allowing openings for the nose and mouth). Leave on for 2-5 minutes, then remove, pat dry with gauze, and apply post procedural ointment.

SYMPTOMS TO EXPECT:

- Hot sunburned sensation the day of procedure
- Swelling
- Weeping/oozing for 24-48 hours

- Pinpoint bleeding/scabbing for 24-48 hours
- Extreme redness and dryness
- Itching (beginning days 3-4)
- Acne/milia breakouts if you are prone to Rosacea, Perioral Dermatitis, or Acne
- Pinkish hue for several weeks to months
- Heat and sun sensitivity

IMPROVING YOUR RESULTS :

- Use sunscreen daily (SPF 30+) and reapply every 2 hours after all of the crusting has fallen off.
- Wear protective clothing, hats, and sunglasses for 4 weeks after your procedure.
- Light makeup may be applied over sunscreen once all the crusting has naturally fallen off.
- If you were on hydroquinone (bleaching) cream prior to the procedure, you will need to start using it again 2 weeks after the procedure, unless otherwise instructed by the doctor.
- Pink skin is completely normal and may last for up to 6 weeks or longer after the procedure.
- Do not work out for 7 days after the procedure since heat can cause blisters.
- *DO NOT PICK.*
- *BE PATIENT. COLLAGEN STIMULATION AND SCAR TISSUE IMPROVEMENT TAKES 3-9 MONTHS. YOUR FINAL RESULTS DO NOT OCCUR FOR 6-9 MONTHS AFTER THE PROCEDURE.*

THINGS TO AVOID AFTER THE PROCEDURE:

- Avoid direct sunlight.
- NO tanning beds.
- Avoid sunless or spray tanners.

REASONS TO CALL THE OFFICE

- Although extremely rare, infections MAY OCCUR. Infection usually will start after day 3.
- Symptoms include worsening redness, pus draining from the skin, or worsening swelling with associated pain. If any of these symptoms occur, phone us immediately.
- Itching that is not resolved with hydrocortisone ointment or Benadryl.
- If you have any other concerns not listed here, please call the office.

For questions during our business hours of 8 am - 5 pm, please call:

Medical Assistant: (406) 587-4432 ext. 5

For **emergencies only** on weekends or after-hours, please contact your provider:

Molly Buckland: (406) 551-6682

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