CAREOS
Discharge Instructions TCA Peel DATE_____

❑ **Dr. Sean Blaydon** ❑ **Dr. Tanuj Nakra** ❑ **Dr. Vikram Durairaj** ❑ **Dr. Emily Bratton** ❑ **Dr. Marie Somogyi** ❑ **Dr. Natalie Homer** ❑ **Dr. Aliza Epstein**

To contact your surgeon please call: Office (512) 458-2141 M-F 8am-5pm
After hours & weekends (512) 533-7355

To optimize healing please follow these instructions:

- Healing is typically painless. You may experience swelling, particularly around the eyes.
- The skin will feel tight (especially in the area around the eyes and mouth) and will darken somewhat before it starts to peel. Skin will begin to peel in 3 to 7 days.
- Occasional itching may occur. Cool compresses or over-the-counter Benadryl may help. Check with your doctor before you combine Benadryl with your other post-op oral medications.
- Your skin does not require cleansing with soap before it peels. The dead skin layer protects the healing skin underneath.
- Once the skin starts to peel, please cleanse the skin with a gentle cleanser (such as CeraVe or Cetaphil) and then apply Aquaphor Healing Ointment (tube) to the areas that have peeled at least twice a day, or as often as needed to maintain a thin layer of the ointment.
- The skin is healing. Do NOT pick or peel the skin manually as this could result in permanent scarring.
- If you had a full face peel, eat small bites and avoid opening your mouth wide. Avoid drinking through a straw.
- Avoid all sun exposure! Wear protective clothing, a hat, and sunglasses.
- No make-up or sun block until 7 days **after** your skin has peeled.
- We recommend you sleep on your back.
- Men should not shave until cleared by your surgeon.

Post-op APPOINTMENT in _____ days.

I have received and understand these instructions. _____ _____
Patient/Representative Reviewed by

If you have any questions immediately after surgery call CAREOS M-F 7am-4pm (512) 458-4391.

Revised June 2019