

# TCA PEEL

If you ordered a sample size of this peel, your order includes

- 2 dr TCA solution
- Direction packet

If you ordered the ½ oz sizing or larger, your order includes

- TCA solution
- Latex gloves - enough for 3 treatments
- Green Tea/Pomegranate Cleanser
- Carry Bag

## Before the Peel

- Using alpha hydroxy products...glycolic acid or lactic acid...1 week before the TCA peel will help to "prime" the skin for the TCA. Do not use alpha or beta hydroxy acids the same day you are using the TCA peel. Priming the skin is not an absolute necessity, however, it may help to realize a more productive peeling experience.

- If you are using this peel primarily for hyperpigmentation issues, use our lactic acid peel, along with our skin whitening cream for 2-3 weeks pre-peel. Discontinue 1 week before using your TCA peel.

LESS IS BEST WITH ACIDS. IF YOU ARE DOING WELL AT A LOW PERCENTAGE, THERE IS NO NEED TO INCREASE THE STRENGTH.

## Frequency Of Use

- Most clients will need to do a series of 2-3 peels, about 3 weeks apart to realize optimal results. If, however, you see the results you desire after 1 treatment, there is no need to do more. Less is best. Subsequently, use the TCA 2-3 times per year to keep the skin freshened.

If you ordered the ½ oz sizing or larger, your order includes

- TCA solution
- Latex gloves - enough for 3 treatments
- Green Tea/Pomegranate Cleanser
- Carry Bag
- Do not use this product if you are currently using Accutane, or have used Accutane anytime within the last 24 months, as scarring may result.
- Do not use a TCA peel if you have herpes simplex.
- Do not use if you are pregnant.
- Do not use if you are lactating.
- Do not use if you tend to keloid (raised scars).
- Do not use if you are undergoing chemotherapy or radiation.
- Do not use if you are HIV positive or have AIDS.
- Don't apply the TCA to areas where you have used hair removal products, have shaved, or used granular exfoliation products or buffing pads. And don't resume these products for 2 weeks post-peel.
- Do not use on moles. You may, however, use it on skin tags not located around the eyes.
- It's very important to begin this treatment with non-irritated skin.

**FDA December 2, 2002 Posting — Sun Sensitivity**  
Clients need to be aware that by using glycolic acid and other peeling products, your skin will be more photo-sensitive than normal. It is recommended that you use a sunscreen with an SPF of at least 15, preferably SPF 30 or higher, after using skin peel products. The FDA recommends using an SPF for one week post-peel.

## Disclaimer

Information provided within this entire website is intended to be used as general information-only and is in no way intended to replace medical advice, is not to be used as a medical treatment program, nor to diagnose or cure of any disease or medical condition. Always consult with a qualified physician for medical legal Disclaimer advice. You are solely responsible for the use and misuse of products offered and for all actions and consequences of that use or misuse. Because each person's skin is unique, we make no warranties, expressed or implied, regarding the effectiveness of products. You are using products listed on our web site at your sole risk and are responsible for all actions and consequences of use and misuse. Always patch test products before use.

**Keep products out of reach of children!  
Misuse of chemical products can cause injury and burns.**

## AGREEMENT

You agree to indemnify and hold harmless Makeup Artist's Choice, Inc., www.makeupartistschoice.com, its officers, employees, agents, and suppliers from and against any and all claims, charges, demands, damages, liabilities, losses, expenses, and liabilities of whatever nature and howsoever arising (including but not limited to any legal or other professional or indirectly as a result of using any product listed on our website.

## What you will need to provide

- Vaseline Petroleum Jelly, an antibiotic ointment, and an anti-itch cream. Bacitracin or Neosporin (anti-bacterial creams) and Lanacaine or Cortaid (anti-itch) are recommended.
- An accurate kitchen timer.
- Q-tips or cotton pads for application.
- Baking soda, tepid water for neutralization. 2 tbsps baking soda to 1 ½ cups water.
- Or purchase our pre-mixed post-peel neutralizer.

## How Long Will My Results Last?

- Several months, particularly with a weekly AHA peel for maintenance.
- Using glycolic or lactic acid peels on a weekly basis will help to maintain your results longer.

## Specific Application Instructions

### Patch Test

- We can't stress enough how VITAL this is for a safe peeling experience. Your skin will respond to acids differently on different parts of the body.
- If you are planning to do a facial peel, then patch test on your face, below the ear along your jaw line. **WAIT 24 HOURS TO BE SURE YOU DON'T HAVE AN ADVERSE REACTION BEFORE PROCEEDING WITH A FULL FACIAL PEEL.**
- If you are planning to treat your hands, patch test the hands. If you plan to treat your neck, patch test your neck, and so on.

## Beginning the Application

- If your patch-test went well, thoroughly cleanse your skin, but cleanse it gently. **DO NOT USE SCRUBS OR ANYTHING ABRASIVE.** We include our Green Tea/Pomegranate Cleanser for pre-peel cleansing.
- Dry the skin thoroughly. Don't apply the peel to damp skin. It will lessen the results.
- Apply Vaseline around your eye sockets, nostrils, on your lips and corner of the mouth.
- Put on your latex gloves, included with the kit, to keep your fingers from peeling and begin applying the acid as described below.
- Dip your q-tip into the acid. Or tip the bottle of serum to dispense a small amount to a cotton pad. Make sure it's wet but not dripping. **BE VERY CAREFUL NOT TO GET THE SOLUTION IN THE EYES.**
- Apply TCA to the skin, liberally, with back-and-forth motions beginning with the forehead, moving down the face, avoiding the eye area and making sure to cover all areas of treatment thoroughly. **If this is your first TCA peel apply only 1 layer of serum.**
- Leave the serum on your skin for 5 minutes then you must neutralize. The recipe for your neutralizing solution is listed above under the heading "What you'll need to provide".
- If you have done a home TCA previously and feel you need more strength, apply the first layer. Then wait 5 minutes. Apply the 2nd layer. This will give you a 25% "boost" in strength.

## Questions and Answers

- **Why do you recommend using only 1 layer of TCA with the first peel?**

It's a cautionary measure on our part to be sure your skin tolerates a 1 layer peel well. If so, then do a 2 layer peel the next time.

- **Can I treat the area around my eyes?**

No! Do not use around the eyes. If you wish to spot-treat crow's feet, etc., use a pointed q-tip, along with our 8% TCA solution to target specific areas-of-concern around the eyes.

- **If the acid is burning while on my skin, what should I do? I haven't had it on long enough.**

If the sensation is very uncomfortable, neutralize the peel. You can always do a longer peel for your next effort. If your skin "frosts", neutralize immediately.

- **When will I start peeling?**

Peeling begins for most clients on-or-about the 4th day of the process.

- **I did my patch-test and it didn't burn at all. Why didn't it work.**

Skin is connective tissue and, typically, patch tests don't produce a lot of burning. This is what we would expect. If you experience undue irritation, burning or a dry, itchy rash on a patch-test area, then the peel is too strong for your skin type. Move down to the next increment.

- **I've read that I don't need to use moisturizer. Why do you recommend it?**

Indeed moisture can "mask" the peeling that is about to take place, or is taking place. However, doing a "dry" peel is uncomfortable and can result in itchy skin...scratching is something we don't want you to do...clients may scratch in their sleep without realizing it. To see

- Don't use textured washcloths when removing the serum because it could irritate the skin. Close your eyes tightly and remove the serum with a soft washcloth which has been dipped in your neutralizing solution. Be very gentle to preserve your freshly processed skin.
- Cleanse with our Green Tea/Pomegranate Cleanser, included with your kit, to be sure all the acid is fully removed from the skin. Use tepid water and your fingertips.
- Gently blot dry.
- Once the skin is completely dry, apply your anti-bacterial cream for moisture. Use the antibiotic cream for 48 hours post peel.

## Frosting

- Frosting is likely to occur when using our 15% and 18% TCA peels. If the skin begins to turn white while the TCA is on the skin, this is called "frosting" and is common to TCA peels. **DO NOT WORRY.** Just begin removing the peel from the skin with your neutralizing solution. Your skin may be reddish for an hour or so, then it will begin to return to normal coloration.
- Your skin may be red post-peel. It may also turn a brown coloration. This is completely normal, and will fade.
- Continue to apply moisture to your skin for the next 48 hours with your anti-bacterial ointment. When going to bed, do not sleep on a towel...it's too abrasive and could irritate your freshly peeled skin. Use a soft pillowcase.

## Next morning

- Cleanse with our Green Tea/Pomegranate Cleanser with fingers and tepid water. Feel free to cleanse twice a day remembering to apply your anti-bacterial ointment after each cleansing for the first 48 hours post-peel.
- **DO NOT PICK THE SKIN... THIS COULD CAUSE SCARRING.**
- The skin will peel on its own very nicely. You'll see peeling on-or-about the 4th day of this process, perhaps sooner. If you begin to feel itching, then switch to your anti-itch cream...-Cortaid or Lanacaine...and use those in lieu of the anti-bacterial ointment.
- You must use sunscreen when going outside, SPF 30 or higher.
- Do not use makeup while you are peeling.
- If you experience slight swelling, simply use cold compresses. Again, this could happen with a very few clients and is within the norm of what we see with home TCA peels.
- Keep your body hydrated by drinking lots of water during this process. It will help you peel a bit more quickly. Additionally, splashing your face with water hydrates topically. After splashing the face with water, gently pat dry and apply more of your anti-biotic cream, or your anti-itch ointment, if needed.
- The peel is now complete. Allow about 10 days to assess the full results of the peel. Then make a decision as to whether-or-not you'd like to do another one.
- Wait at least 2-3 weeks between applications and do no more than 3 applications, spaced 3 weeks apart. Then, wait 3-6 months before using again. If you have very "tough" skin, use sooner with normal cautions and don't over-use the product.
- Once your skin has completely healed (about 10 days), you can begin using your normal cleansing products. Wait at least 2-3 weeks before resuming glycolic and/or lactic acid treatments.
- Don't shave, use hair removal, or any chemical product that could irritate your newly peeled skin for at least 2 weeks post-peel.

how much peeling is taking place, allow your skin to dry completely after cleansing and wait several hours to see the peeling. If you feel you have enough moisture in the skin and don't wish to add more, that's fine. However, if the skin feels very dry and tight, then apply moisture to avoid the uncomfortable itchy feeling that will result.

- **Do I need to use sunscreen?**

Yes! Avoid the sun while peeling and be sure to use an SPF 30 or higher post-peel to protect your skin. It will be photo-sensitive.

- **Can I go swimming in chlorine water or ocean water?**

No! Don't expose your skin to anything but tap water, a gentle cleanser, and healing moisture while the skin is recovering from the peel. Chlorine is a chemical and will cause severe burning of your skin just after a TCA peel.

- **Can I use Proactive or my other treatment cleansers while I'm peeling?**

No. Please use our Green Tea/Pomegranate Cleanser. Acne cleansers contain drying agents which could greatly irritate freshly peel skin. Don't use any product that contains benzoyl peroxide, salicylic acid, retinol or acids of any type.

- **Can I use the TCA to get rid of moles?**

No. While the TCA will often remove skin tags, it's best not to use it on moles. Have those checked by your dermatologist.

- **Can I go back to tanning in the salon or outside?**

No. Wait 6 months and use self-tanners in the meantime.

Enjoy the results of your TCA peel  
For Customer Service, please call  
our toll-free number: 877-316-9400  
or: Email us: cs@makeupartistschoice.com

