

# TCA 30 Adjustable Kit

## Before the Peel:

Using alpha hydroxy products...glycolic acid or lactic acid-pre-peel will help to "prime" the skin for the TCA. While this isn't an absolute prerequisite, 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.

## Cautions:

- 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.
- 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.

## What You'll Need To Provide:

- An anti-biotic ointment for deep moisturization and preventative measure...Bacitracin or Neosporin (anti-bacterial creams) are recommended.
- An accurate kitchen timer.
- Q-tips.
- Prep the skin vigorously to help remove excess surface sebum.**

## How Long Will My Results Last?

- Approximately 6 months.
- Using glycolic or lactic acid peels on a weekly basis will help to maintain your results longer.

**NEVER USE 30% FULL STRENGTH UNLESS-OR-UNTIL YOU HAVE SUCCESSFULLY USED THE PEEL AT 25% WITH ABSOLUTELY NO IRRITATION. NO EXCEPTIONS, PLEASE!**

**ALWAYS BEGIN WITH THE 10% SOLUTION FIRST, AND MOVE UP INCREMENTALLY. DO NOT SKIP STRENGTHS, AS DOING SO COULD BE TOO STRONG FOR YOUR SKIN-TYPE, RESULTING IN BURNS.**

**Less is best with acids. If you are doing well at a low strength, there is no need to move to a higher percentage.**

**Our online disclaimers and agreement for this product are posted online, as well as the end of these directions.**

## RECIPES

Please begin with the **LOWEST strength as your first effort**

You will need water that is all natural - absolutely no additives. Distilled water is best. Do not use tap water.

### Desired TCA Peel Strength

10% Peel

15% Peel

20% TCA Peel

25% TCA

30% TCA

### Mixtures

1 part TCA solution to 2 parts distilled water

1 part TCA solution to 1 part distilled Water

2 parts TCA solution to 1 part distilled water

5 parts TCA solution to 1 part distilled water

Pure solution - no added water

## 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 48 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 Cleansing Gel 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. Make sure it's wet but not dripping. Don't apply with gauze, or any other applicator that could be abrasive. Q-tips are the best choice. **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.** If you have done a home TCA before 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.

Leave on the skin for 3-5 minutes, based on the results of your patch test. **Use our Post Peel Neutralizer to deactivate the peeling serum. If you run out of our premixed neutralizer you can make your own by mixing 1 Cup of warm water to 2 Tablespoons baking soda.**

## Frosting:

Frosting is likely to occur when using our 15% and higher. 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.** However, 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.

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 cloth or damp paper towel. Be very gentle to preserve your freshly processed skin.

Cleanse with our Green Tea Pomegranate Cleansing Gel, 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.

Your skin may be red post-peel. 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 cleansing gel 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

## 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 are using the 10% strength, you can use it much more often...about twice a-month, provided your skin is not experiencing irritation.

hours post-peel.

**DO NOT PICK THE SKIN...THIS COULD CAUSE SCARRING.**

The skin will peel on its own very nicely. You'll see the full effects of the peeling within 3-4 days, perhaps sooner. If you begin to feel itching, then switch to an 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, 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. If severe swelling should occur, consult a physician.

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.

## Next morning:

### 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.

The acid does burn while on the skin, for most clients. Fan your face and remove, with your neutralizing solution, in 3-5 minutes. Use the results of your patch-test to gauge how long to leave it on the skin.

If your skin "frosts" (turns white in patches), neutralize immediately and completely.

### When will I start peeling?

Peeling begins on-or-about the 4th day of the process. Peeling should last about 7-8 days in varying degrees.

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

Skin is connective tissue and, typically, a patch test isn't a large enough area to produce irritation.

### 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 your skin to do....clients may scratch in their sleep without realizing it. To see 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.

### Can I use Proactive or my other treatment cleaners while I'm peeling?

No. Please use our green tea pomegranate cleansing gel, Cetaphil or other gentle cleansing until all your peeling is finished.

### 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.

### I have some light brown patches on my skin. It's been 7 days since my peel.

Post peeling hyperpigmentation is not unusual when using TCA peels. Wait 10 days, after the initial application and be CERTAIN there is absolutely no irritation present. Then, use a light scrub, such as our Microdermabrasion Cream, and LIGHTLY massage the areas of discoloration with the cream. Do not be aggressive.....just lightly massage the area. Use once a day until the discoloration has faded.

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.

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

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