

25% 50% 100%

TCA Peel - Trichloroacetic Acid Suggested Instructions

Read Instructions Thoroughly Prior to Use

WARNING: 100% TCA MUST BE DILUTED WITH WATER PRIOR TO USE ON SKIN

The Trichloroacetic Acid (TCA) Peel, a medium peel, is one of the most popular and reliable treatments for skin imperfections. Trichloroacetic acid treatments can be used in varying concentrations from as low as 10% to as high as 50% -- The higher the concentration, the deeper the peel. When used in a controlled fashion, TCA peels produce improvement in collagen and elastin in the skin and reduction of fine wrinkling, acne scars, and dark spots. It will lighten or even diminish tattoos (depending on darkness and depth of tattoo). Tattoos progressively lighten with each treatment. Medium peels produce a deeper penetration than light peels such as glycolic. The drawback is that a medium peel causes the skin to appear to have a severe sunburn for about one week. A person having a medium peel must keep the treated skin out of the sun and protected with antibacterial ointment for about one week.

Warning to Client/Patient: Skin condition and overall health are factors in determining whether you are a good candidate for a TCA Peel. Whether pretreatment medications may be needed, the strength of solution to be used, and duration and depth of the peel should be determined by a qualified practitioner. **Applying this product without proper medical consultation constitutes using it at your own risk.** (The seller of this product is not familiar with buyer's skin type, condition, skin history, or sensitivity and does not make personal recommendations of any kind to any buyer. Seller is not liable for negative or damaging results obtained by proper or improper use of this product on any person.)

Side Effects:

- ★ The first week after the peel the skin may be red and perhaps swollen. The skin may also burn and may weep slightly.
- ★ Peels can sometimes cause persistent redness of the skin and ultimate de-pigmentation, although it is rare.
- ★ If used incorrectly, TCA may cause hyper or hypo pigmentation. Always do the patch test first. Consult your physician if needed.
- ★ The most common side effect after a peel is brown discoloration of the skin. This normally fades or is usually reversible. Natural exfoliation will cause the skin to normalize over time. This side effect usually occurs only in those who have had excessive sun exposure after the peel and who are not using a sun block. Temporary hyper-pigmentation (darkening) has been reported on persons with darker skin tones, but does not occur in most cases. Stronger is *not* better when using chemical peels.
- ★ If the client gets cold sores, a peel can cause them to flare. Client should begin taking Lysine 2 weeks prior to a peel.

Precautions to Clients:

If the client has any of the following contraindications, a doctor's advice is recommended so that precautions may be taken if needed:

- ❖ Prior bad reaction to a peel or dermabrasion
- ❖ Past herpes simplex (cold sores)
- ❖ History of sun allergies
- ❖ Recent radiation treatment for cancer
- ❖ Keloid or hypertrophic scars (thick scars)
- ❖ People with significant immune deficiencies or healing disorders must consult a physician prior to using this product.
- ❖ Pregnant or breast-feeding
- ❖ Accutane use within the past six (6) months. Accutane should not be taken for at least six months *after* the peel either.
- ❖ Sunburn or significant sun exposure in the last two days
- ❖ Surgery or cryosurgery within the last six weeks to the area that is to be treated.
- ❖ Do NOT use on children. TCA causes a burning on the skin.

Warts, Moles, Calluses, Birthmarks and Skin Tags: Treating warts, moles, calluses, birthmarks and skin tags does not require all the steps as in a facial peel. After cleansing the area to be treated, apply a light coat of petroleum jelly to surrounding skin to prevent run-over when applying solution. Blot the swab so that it is not overly saturated. Apply the solution to the growths once, applying 1-3 coats and avoiding surrounding skin. 50% TCA works well on most growths. If the area to be treated is large (such as some birthmarks), just do sections at a time. The growths may turn white after applying 1-3 coats. Rinse off after 4 minutes. Keep the area moist with ointment or petroleum jelly. Fleshy genital warts and skin tags usually require only one application. Not for use on internal warts or growths. External use only.

TCA should be applied just once every 7-10 days on genital warts and skin tags. Most soft growths peel off within a week. TCA may be applied twice per week if needed on difficult moles and harder warts found on hands and feet (Verruca) only, but not on genital warts or skin tags. Avoid surrounding skin. TCA applied to surrounding normal skin will cause unnecessary burning and will require additional time for healing. 50% TCA is strong and must be applied carefully.

What to Do Before The Peel: Clients applying their own peel at home should consult a skin care specialist or physician to determine whether he/she is a good candidate for a TCA treatment. Various medications and hormones in the body can affect the treatment results. Clients applying TCA at home are doing so at their own risk.

At least three to four weeks before the peel client should stop using exfoliating sponges or buff pads. All forms of hair removal should be discontinued at least three to four weeks before the peel. Client should avoid shaving the day of the peel.

>>>> DILUTE & APPLY A PATCH TEST <<<<

ALWAYS do a patch test to determine the skin's reaction to the solution, starting with a 25% solution. Then determine the appropriate strength to use, weaker or stronger. Not everyone's skin reacts the same to skin peel solutions, some peel more than others and some less. Also, using too strong of a solution *could* result in darkening of the skin and scarring. A full facial treatment with TCA stronger than 25% is **NOT** recommended. 12–25% TCA works best for most skin issues. For external use only.

To Dilute (Approximates):

For a 50% Solution: Mix 1 part 100% TCA with 1 part purified water (example: 1 capful TCA with 1 capful water).

For a 37% Solution: Mix 1 part 50% TCA with $\frac{1}{2}$ part purified water

For a 25% Solution: Mix 1 part 50% TCA with 1 part purified water.

For a 12% Solution: Mix 1 part 50% TCA with 3 parts water.

(For variations just add a little more or less water.) Do NOT use metal or plastic bottles, bowls or utensils for mixing. Glass is best.

Patch Test: Apply 25% TCA to a small area on or close to the area you wish to treat. Rinse it off after 3 minutes, pat dry, and apply ointment. Treat it as you would the full peel, by keeping it moist each day with ointment, keeping it out of the sun, and allowing it to peel on its own. If the area tested does well and gives the results you are looking for, the strength you used should be fine for the full treatment. If not, then adjust the strength accordingly. If the patch test burns more than is bearable, causes swelling or blisters, rinse the solution off immediately and do not proceed with the full treatment without consulting your skin doctor.

Procedure: First cleanse the skin with a mild cleanser and degrease the skin with an alcohol prep pad. For extra protection, you may want to apply a small amount of ointment around the eyes to protect that area. A full treatment with 50% TCA is **NOT** recommended – Using too strong a solution may result in scarring or discoloration. Skin around the eye area is thinner; a weaker solution should be used there. Avoid getting the solution too close to the eyes. After examining the patch test and determining what strength to use, apply an even coat of the TCA solution using a cotton swab or pad. Do not treat too large of an area; full back or arms should be done in sections. Do not scrub any areas with the swab that may need more exfoliation than others. You may dab a second and third coat of TCA to problem areas as needed. The skin should "frost" or turn white temporarily, which indicates that the solution is penetrating and processing well. (This is normal and will subside. The frost will fade within 20–30 minutes after the treatment). The solution will be left on the skin for several minutes (3–4), depending on the skin type, condition, and results desired. The skin will experience a burning sensation, but will lessen as the minutes go by. Rinse the treated area with cool water and apply cool compresses (water dampened cloths) after the 3–4 minute application, gently blotting the skin to remove excess solution and to cool the skin. Do not rub the area, as it is now somewhat sensitive. A neutralizer is not necessary, but if you prefer to use one you may make a neutralizing solution by mixing 1 cup water with three teaspoons baking soda; simply apply it several times with a cotton pad on the treated area. Leave on five minutes, then rinse. The treated area will soon begin to take on a pink/brownish color. Persons with darker skin tones may notice the skin turning dark brown, gray or black. Next apply a thin coat of protective antibacterial ointment. During this time the skin will begin to feel better, although a very slight burning sensation may continue for a while. **Apply TCA only once, using 1–3 coats. Do not apply daily or weekly.**

Post Treatment Care:

For 7–12 days after the peel, clean the skin with warm water using the mild liquid cleanser. Use fingertips (not a wash cloth) since the skin is very sensitive at this time. Avoid the use of abrasive or exfoliating sponges. After cleansing, pat dry with a clean towel, and then apply ointment to keep the exfoliating skin soft and the new skin protected. Skin may feel tight and/or itchy during this time.

The skin will turn brown, wrinkle up, and crust, much like a bad sunburn. It is this browned outer layer of skin that is in the process of exfoliating. Keep it moist each day with ointment. Do not peel, pick, or scratch the exfoliating skin. Advil, Nuprin, or Ibuprofen (200 mg) may be taken 3–4 times daily with food to reduce swelling and discomfort, if needed. The treated area may peel more than once.

Very important: Avoid sun exposure -- this includes tanning beds. Sunlight on the skin after a peel can cause brown discoloration of the new skin. A sunscreen of SPF 25 or higher should be applied every morning before going outdoors. With trichloroacetic acid peels, scarring and brown discoloration of the skin is unlikely unless the client goes to a tanning salon after having the treatment or lies out in the sun. Daily sunscreen use should continue indefinitely to prevent new photo damage from occurring. The new skin will have a pinkish color for several days, perhaps weeks after the peel (depending on solution strength and skin condition). If there is persistent redness in an area that doesn't seem to be fading after the first few weeks, let the doctor know. Persistent redness of the skin can lead to brown discoloration of the red area and a scar if it is not treated right away. This is very rare.

For a minimum of one month after the peel, do not have hair removed by any technique. It can cause severe irritation of the skin. Make-up application may be resumed one week after the peel, provided there is no crusting or tenderness.

Touch-ups or a second peel may be needed after the initial peel. Subsequent peels may be applied within 3–4 weeks or as soon as the treated skin has totally healed. Skin should be completely healed (no redness) from the previous treatment before reapplying. The smaller the area treated the quicker the peeling and healing time.

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TCA PEEL PHOTOS

25% TCA Peel Treatment



When applying a full facial 25% TCA peel expect the skin to look similar to this by mid-treatment. The exfoliating skin should not be pulled or picked at. Pulling on the skin may damage the new underlying skin and/or cause scarring. TCA stronger than 25% should never be used for full facial peels or on large sections of the body unless applied by a physician.

After the treated skin peels the new skin will appear pink for 1-4 weeks or longer. A quality sun block should be used for at least 30 days to prevent sun damage on the new healing skin.

Removes Tattoos
with a series of peels



Results Not Typical

Tattoos:

Depending on the depth and color of tattoos, a series of peels will be required. The first peel may cause the tattoo to appear brighter or more vivid since it is removing the outer dead layer of skin which covers the tattoo. Subsequent peels will remove deeper layers with color, gradually removing the tattoo pigment. You may reapply every 3-4 weeks or as soon as the skin has completely healed from the previous treatment. The smaller the area treated, the quicker the peeling and healing time.

TCA Strengths:

The following strengths are commonly used on normal healthy skin for issues listed. Skin varies as to tolerance.

- 100% For Mixing ONLY. Do NOT apply at full strength.
- 50% Spot Peeling ONLY - Acne (not active), Scars, Tattoos, Warts, Moles, Skin Tags
- 25% Medium Facial Peels - Hyper-pigmentation, Sun Spots, Dry Skin, Fine Lines
- 12% Lite Facial Peels

BUYER ASSUMES FULL RESPONSIBILITY

Skin and its reaction to various substances applied topically vary from one individual to another. Skin type, condition, health, history, and chemistry are factors that effect how the skin will react to natural or synthetic substances. Your skin may or may not react favorably to the products sold by this seller. Do the patch tests.

This seller is a reseller of trichloroacetic acid only and makes no personal recommendations of any kind to any buyer. Nothing on the seller's website, instructions, or any verbal or written communication is to be construed as personal diagnosis or recommendation. Buyer or any other person using products sold by this seller does so at his or her own risk and assumes full responsibility. Seller is held harmless