

Easy TCA Peel

Easy TCA peel is a medical grade peel which can only be administered by a medical professional, it is indicated for photoaged skin to reduce the lines and wrinkles, it is also used to reduced hyperpigmentation and acne scarring. You will be required to prepare the skin with creams prior to the start of your treatment and you should prepare your skin between one and three weeks dependent upon your specific treatment requirements.

Easy TCA Peel is indicated for the following conditions:

- Acne or acne scars
- Age and liver spots
- Fine lines and wrinkles
- Freckles
- Irregular skin pigmentation
- Rough skin and scaly patches
- Scars
- Sun-damaged skin
- Enlarged facial pores

Prior to treatment with TCA peels you must prepare your skin for 1-3 weeks depending upon your skin condition, your practitioner will advise. You should continue to use your cream in addition to Vitamin E cream (for comfort) throughout the peel course as follows:

- Prepare Daily x 2 with Treatment Skin Tech Cream as Prescribed this could be 1 or 2 creams, this will be advised by your Practitioner, followed by Sunscreen, should be applied frequently
- After Peel use only Vitamin E Cream & Sunscreen, Do not wash
- 3 Days Post Peel General Face Wash followed by Vitamin E Cream & Sunscreen
- 4 Days Post Peel until next Peel use Treatment Creams & Vitamin E if required followed by sunscreen

Your skin is cleaned thoroughly and an astringent product will be applied to ensure that the skin is free from surface oil which will prevent the penetration of the peel. Protection to the eyes and barrier ointment will be applied to sensitive areas such as lips and nose and any facial tattoo/semi-permanent makeup will also be protected as the acid in the peel can affect the pigment.

The peel is applied in layers, and allowed to dry in between, multiple layers may be applied to the treatment area as the practitioner will be looking for skin reactions which will indicate the treatment outcomes, the skin will initially show signs of erythema (redness) and then a frosting will begin to appear. The application of the peel is followed by discomfort and heat a fan will be provided to help with this, as the layers are added the discomfort and heat intensifies, this is usual and will begin to dissipate once the post peel mask is applied.

During treatment it may be necessary to treat small areas with the post peel mask, this will provide comfort but will not affect the peel, the peel is self-limiting and will not penetrate too deeply. A post peel mask is applied to the full treatment area which will provide some comfort and this should be left in the skin until the following day.



Following a medium depth chemical peel, the patient's skin can be swollen and can feel tight. Application of Skin Tech Vitamin E cream several times a day is recommended, this can result in a reduction of recovery time with less incidence of prolonged erythema (redness). You should not wash your face on the day of treatment, you should use tepid water and a gentle cleanser in the following days until you have peeled.

The epidermis above the level of chemical injury will separate from the underlying skin from approximately the third day, and there will be some associated serous exudate and crusting. The skin tends to start to peel from the perioral area and radiate out to the whole face, with the forehead peeling last. Patients are advised not to pick at the exfoliating epidermis as this may cause scarring.

You must use your SPF provided every day reapplying frequently if you are outside for long period of time to ensure that your skin is protected from UVA and UVB sun damage. It is important that you continue to use the sunscreen daily during your treatment course, to prevent uneven pigmentation and ageing of the skin which will be more vulnerable during this time. Ongoing daily SPF protection is recommended after your treatment to maintain your results.

Your treatment cream may be applied after five days and the peeling process may continue for ten days. After the epidermal peel layer has cleared, the patient usually notice the new skin is brighter and more even. Pigmentation and blemishes should have reduced and fine lines and wrinkles should have effaced. There is an ongoing process of dermal remodelling that results in neocollagenesis after about six weeks, providing an ongoing improvement in skin quality. A course of 4 Peels must be completed, individual peels are not offered, the peels should have 1-2 week intervals. The treatment course can be repeated once in the period of one year.

Treatment Risks & Complications

- Allergic reaction including severe allergic reaction
- Blistering
- Redness, erythema which can last for several days
- Hyperpigmentation and Hypopigmentation
- Scarring

It is important to understand that skin is a living organ and will respond to daily exposure to free radicals, UVA/UVB damage and general wear and tear. To maintain a healthy skin we recommend daily use of cosmeceuticals, a broad spectrum sunscreen minimum SPF 30 and 4-6 weekly maintenance superficial skin peel treatments.



Clinic Terms of Business

I understand that though complications are uncommon, they do sometimes occur. It is possible that side effects not described may occur and indeed that a complication not previously reported may occur for the first time. I understand if I suffer any adverse reactions that are not expected, or concern me, I must contact my practitioner, and book a review appointment. MD Medical Aesthetics Ltd cannot take responsibility for complications or results that have not been reported, assessed, documented and managed in a timely manner. Whilst I have been advised of the probable result, this cannot be interpreted as a guarantee. Results vary from one individual to another.

I confirm that the medical health history form has been completed truthfully and I am fully aware that withholding medical information, including history of previous treatment, may be detrimental to the safe and optimal outcome of any treatment administered. If there are any changes in my medical history, I must inform the practitioner.

I confirm that I have been provided with verbal and written information about this treatment which includes aftercare and follow up advice and I agree to follow the aftercare advice and understand this reduces risk of adverse reactions and helps ensure optimum results.

I understand information about me will be treated as confidential and access to it restricted in accordance with the Data Protection Act, unless specific permissions given.

By consenting to treatment you accept the clinic terms and conditions as outlined:

- You are satisfied that the treatment has been explained comprehensively
- That the possible risks and side effects associated with the treatment have been fully discussed and understood
- That you have taken sufficient time to process and consider the information provided and any questions have been answered to your satisfaction, before making a decision to proceed with the agreed treatment plan.
- You consent to my medical records being shared with appropriate professional staff
- You accept emergency intervention treatment if required