

Jessner's/TCA 35% Chemical Peel

Post-Treatment Instructions

- For the first 24 hours vinegar soaks should be performed four times a day followed by application of either *Stratamed* or *Elta Moisturizer*. You may reapply this any time the skin feels dry.
- After 24 hours you may take a shower and the skin should be cleaned with a gentle cleanser such as *Elta Gentle Foaming Cleanser* twice a day followed by frequent application of *Stratamed* or *Elta Moisturizer*. Some oozing, redness and swelling are to be expected for up to 7-10 days.
- Sleeping with the head elevated on a few pillows may help to alleviate swelling.
- After 7 days, sunscreen and cosmetics may be restarted as tolerated.
- Retinoids may be restarted at 7-10 days with physician approval.
- For two weeks after treatment avoid strenuous exercise and sun.

Vinegar soaks instructions

-Use bottled water only

-Pour out 1tsp of water from the bottle and add back in 1tsp of white vinegar

-Pour the vinegar mixture over clean gauze and lay wet gauze over the treatment area for 10-15 minutes.

If you have any questions or concerns, please contact our office directly at (713) 497- 1417.