

## **THE PRE-OPERATIVE SESSION™**

### **PRE-Procedural Peel Instructions For TCA**

#### **THREE WEEKS BEFORE SURGERY:**

- Laboratory and/or EKG (if they are required) must be done. If you are having your preoperative testing at a lab other than the one we suggested, please have the written results of this testing arrive at our office one week before surgery (our fax number is 561-626-6277).
- SURGERY WILL NEED TO BE RESCHEDULED IF THERE IS ANY CHANCE YOU ARE PREGNANT.
- Avoid sun exposure-sunburn, as this may cancel your appointment.
- All fees are due, including surgical, facility, and anesthesia.

#### **TWO WEEKS BEFORE SURGERY**

- Refrain from all nicotine products, including cigarettes, pipe tobacco, chew or “the patch.” Nicotine interferes with healthy circulation and may affect the result of your surgery. It also places you at higher risk of complication when receiving anesthesia.
- Start taking 1000mg of Vitamin C three times a day. Vitamin C helps with healing.
- If your destination after surgery is more than 30 minutes from the office, you must make arrangements to stay in a hotel on the night following surgery. A list of hotels can be obtained from your patient care coordinator.

#### **ONE WEEK BEFORE SURGERY**

- Do not drink alcohol for 1 week before and after your surgery.

#### **DAY BEFORE SURGERY**

- The Surgery Center will call you before noon to inform you of your arrival time for surgery.
- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT (including water or gum chewing). SURGERY MAY BE CANCELLED IF THIS IS NOT FOLLOWED. A fasting state is required in order to receive sedation for surgery. The only exception is medication, which we will instruct you to take the day of surgery with a sip of water.

#### **DAY OF SURGERY**

- Go to The Laser and Surgery Center at 3602 Kyoto Gardens Dr, Palm Beach Gardens, FL. 33410.

- You may shower and shampoo the morning of surgery. Do not wear makeup, hair sprays or gels, or nail polish. You may leave acrylic nails on.
- Avoid clothing that must be pulled over the head. Please wear loose fitting clothing.
- Do not wear jewelry of any sort or bring valuables to surgery.
- Dentures, if worn, should be left in place.

### **POST-Procedural Instructions TCA PEEL**

- Sleep on your back until you are peeled.
- Apply Locoid ointment to the TCA peel area, three times daily. This should be an even, thin coating to the skin. Rinse face with tepid water between applications. You will need to use this ointment for approximately 7 days or until you finish peeling.
- The Clinic Staff will evaluate your skin during your post-operative visits and decide when you are ready to switch to the Locoid cream. Once you are told to make this switch, apply Locoid cream two times daily to peeled area, rinsing with tepid water between applications.
- There might be a short period of time that you will be using both the ointment and the cream.
- **\*\*\*AT NO TIME SHOULD YOU ATTEMPT TO REMOVE PEELING SKIN\*\*\*** Let it slough off on its own.
- Your skin will appear pink for a couple of months, but you will be able to cover the pink coloration with make-up at approximately day 10. We will advise you to when make-up can again be applied. Our skin care aestheticians will help guide you post-operatively regarding your skin care needs at your Medical Spa appointment.

### **COMMONLY ASKED QUESTION ABOUT TCA PEELS**

1. **What kinds of tops are okay to wear?**  
Wear something that is not rubbing over the peeled area, especially the neck region. A V-neck or tank/camisole should be fine.
2. **When can I shower?**  
You can shower the day after your procedure, but DO NOT to rub the skin on the peeled areas.
3. **Can I use my normal cleansing products on the peel area?**  
During the peeling process, just use tepid water. Once your skin has peeled completely and you are no longer using the Locoid ointment, then you can return to your normal cleansers. Remember, though, your newly peeled skin may become sensitive to some sorts of cleansers that did not bother you before. Our Medical Spa personnel may help you in regards to certain skin care products.

4. **How soon can I work out at the gym?**

We recommend no strenuous activity until you are completely peeled, approximately 9-10 days. Walking is okay.

5. **How soon can I be in the sun?**

We recommend that you **avoid the sun for 8 weeks**. If you are going to be in the sun, you will need to wear sun block with zinc oxide, a wide brimmed hat, and sunglasses and try to stay in the shade. After the peel is complete you will need to wear a sun block with an SPF of 30 with zinc oxide or titanium dioxide on a daily basis. *If you are not careful with sun exposure you may hyper pigment your skin.*

**CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:**

- Fever of 101 degrees or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and or/foul drainage from an incision site.
- Persistent nausea and/or vomiting.
- Any other concerns

**Office telephone: 561-429-5403**

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Patient Name (print): \_\_\_\_\_

Witness Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**POTENTIAL COMPLICATIONS OF TCA PEEL**

Your surgery will be performed safely and with care in order to obtain the best possible results.

You have the right to be informed that the surgery may involve risk of unsuccessful results, complications, or injury from both known and unforeseen causes. Because individuals vary in skin textures, tissues, circulation and the healing process, as well as anesthetic reactions, there can be no guarantee made as to the results or potential complications.

The following complications have been reported in the medical literature. They are listed here for your information, not to frighten you, but to make you aware and more knowledgeable concerning this surgical procedure.

## CHEMICAL PEEL

Bleaching – of skin color in treated portions of the face in greater than one-half of the patients.

Bacterial infection, hepatic outbreak, yeast infection

Blotchy hyper pigmentation – can be seen, especially if unexpected sun exposure occurs.

Darkening – of pre-existing nevi, appearance of a new nevi and increased prominence of telangiectases (spider like blood vessels).

Hypertrophic scarring and “post tightness” – may look like a raised scar.

Ectropion – (pulling down of the lower eyelid) has been described in cases of lower lid peeling.

Milia – (skin cysts) have occurred up to 3 months following peeling but usually resolve spontaneously.

Pore size – can be transiently increased but will return to baseline.

Phenol toxicity – is usually a concern of full face peeling and is monitored by an anesthetist. Cardiac arrhythmias and kidney failure could occur.

Skin slough – (loss of skin) is a very, very rare occurrence, which usually heals satisfactorily with conservative treatment and time.

**I have read the complication list and am aware that any of the following may occur.**

\_\_\_\_\_  
Patient Signature                      Date

\_\_\_\_\_  
Witness                      Date