

# CLARA

Good skin starts here.

## BEFORE YOUR PROCEDURE

4-6 weeks before peel: prepare your skin with tretinoin.

The peel is most effective if you have been using Retin-A/tretinoin regularly for 4-6 weeks. This is a prescription cream that should be used nightly after moisturizer. When first starting, your skin may be dry and red, but will adjust to the effects over time. You can start using two nights/week and increase as your skin develops a tolerance. You need only a pea-sized amount for your entire face.

## 24 HOURS BEFORE YOUR PROCEDURE:

Start valacyclovir 500 mg twice daily (this will continue for 7-10 days following peel)

Optional: start Bromelain 500mg tablets twice daily to reduce swelling after the peel

## PEEL PROCEDURE:

We will apply and then remove a topical numbing ointment, scrub your face with acetone, apply a layer of mild peeling solution and then several layers of TCA 35% to achieve our end point.

You will experience a few minutes of burning sensation and will have a handheld fan to help during this time.

After the peel is completed, we will apply ice-cold gauze to your skin to end the peel and then a moisturizing balm to your face before you leave clinic.

We will review all Aftercare in detail before you leave your appointment. Please make sure to have distilled water, white vinegar, gauze, and Aquaphor or Vaseline on hand to help in your recovery.