



## TCA ProPeel 20%

with Citric and Lactic Acid 1.3pH

### Trichloroacetic Acid – TCA - Direction Sheet + Cross Method

**INDICATIONS:** Re-freshening of the skin's appearance. Improvement of fine lines, actinic keratoses, sallow and uneven skin tone, post inflammatory pigmentation and roughly textured skin. Acne, shallow and rolling acne scars, and melasma. Very beneficial to persons of all skin types. Ethnic skin tones such as Asian, African-American, Italian and other darker skins tones can safely undergo beneficial resurfacing with proper preparation. This peel can be used not only on the face, but on the neck, chest, back, arms, hands, etc.

**MECHANISM OF TCA:** TCA works by coagulation of the proteins in the epidermis and dermis. It does not need to be neutralized like other acids. In fact it cannot be neutralized; therefore a bicarbonate solution is not necessary with this peel. The strength of a TCA peel is not gauged essentially through the percentage of the acid, but by the VOLUME of solution applied and the NUMBER of coats of solution. A light even coat, applied in multiple layers, until a light frost is achieved is the best way to get exceptional results.

**IMPORTANT CONTRAINDICATIONS:** You should not have a chemical peel if you will continue to have excessive sun exposure. Active Herpes Simplex (have a doctor prescribe *Zovirax* for you), Warts, history of Keloidal scarring, any type of recent facial surgical procedures. You should not have a chemical peel if you've used Accutane in the last year (it will increase your chances of scarring), or if you are **pregnant or lactating**. If you have any auto immune diseases, have had any recent radioactive or Chemotherapy treatments - have sunburn, windburn or broken skin or have recently waxed or have recently used a depilatory such as Nair or use Vaniqua.

**\*\*\*PRE-TREATMENT\*\*\*:** To exfoliate and flatten the stratum corneum, pre-treatment is truly important. For a minimum of two weeks, begin and end each day by washing with a pH acidic cleanser. If you have pigmented skin, or are a darker Fitzgerald skin type, apply a tyrosine inhibitor such as our Fade Bright serum, immediately after cleansing. Apply an anti-oxidant such as High Octane Vitamin C, and an SPF 30+ cream each day. In the evening apply Retinol (.10, .20 or .30), RetinA™ or a Glycolic Serum to gently prime the skin for the TCA.

**HEALING POST PEEL:** After your peel it will be important to keep your skin moisturized with a quality, healing product. We recommend Emu oil or a mixture of Emu oil and Pure Hyaluronic Acid. *Bacitracin*, or another comparable product may also be used. \*\*Mixing 1 pump of Regenerate EGF (epidermal growth factor) into your healing product will boost your epidermal regeneration after the peel. \*Do not skip moisturization to try and speed up the peeling. Allowing your skin to become dry will actually cause the process to take longer.

#### HOW WILL MY SKIN FEEL AFTER THE PEEL?

- **1-2 layers:** Your skin may feel and look as though you have a sunburn. It may also feel tight. Do not rub your skin or make exaggerated facial movements. Use a gentle cleanser, pat dry and apply your healing products throughout the day as needed.
- **3-5 layers:** (Multiple layers should be done with extreme caution \*and should be worked-up to gradually). It is best to apply multiple layers in an office setting. Your skin may feel and look as though you have a sunburn. You may have white spotting (frosting) and/or a eurethma (pink coloration) covering your face for the first half hour or so. Any redness will fade over the next few hours. Do not rub your skin or make exaggerated facial movements. Use a gentle cleanser, pat dry and apply your healing products throughout the day as needed.
- **The next few days:** Your skin may turn a tan or brown color in about 2-3 days. The skin will get tight and will start to shed on days 3-4 average. Most of the skin will be completely exfoliated in approximately 7-10 days. Let your skin heal naturally and DO NOT EVER tug on any skin that is peeling from your face (you may trim with nail scissors) as it is protecting the newly generating skin below it. If you exfoliate skin prematurely, you can be left with a pink colored skin, hyper-pigmentation or possibly scarring. Feel free to use an Enzyme Mask on the leftover areas on days 5+ if most of the skin has flaked away and there are still little fragments. The Diamond Dermabrasion cream may be used with a "light hand" on days 7+ for any remaining issues.
- **After 1 week:** It is entirely possible that another fine layer of skin may peel again at this point. This is normal and will not be as excessive as the first peeling phase.
- **TCA CROSS Method for Individualized Scarring:** Your skin should feel normal since this is a localized treatment. Apply ointment daily.

**INGREDIENTS:** Purified Water, SD Alcohol 40, Trichloroacetic Acid, Propylene Glycol, Citric Acid, Lactic Acid, Sodium Lactate, Glycine, Fructose, Urea, Niacinamide, Inositol, Sodium Benzoate, Benzyl Alcohol, Menthol Crystals pH 1.3.

**USAGE:** How often you can apply another TCA peel is directly related to how many layers of solution have been applied. Each layer must be applied according to directions to be a light volume of solution. More layers equate to a deeper peel and longer regeneration time is needed in between applications. Always keep in mind: The downtime following a peel is just as important as the peel itself.

The following guidelines are to be followed.

1 Layer =	Application 1x every 3-5 weeks.
2-3 Layers =	Application 1x every 4-7 weeks.
3+ Layers =	Application 1x every 3-4 months. *Not recommended

**24 hours prior to application, test for sensitivity and allergies by applying a patch test. Rinse after 3 minutes and watch for irritation.**

*Your skin condition and overall health are the biggest factors in determining if you are a good candidate for a TCA peel. Applying this product without proper consultation constitutes as using at your own risk. If you have any concerns as to whether you should be applying this peel, please consult your dermatologists.*

## Step by step instructions

- ✓ READ entire front page.
- ✓ Follow PRE-TREATMENT (front) for 2 weeks minimum for best results. Dark and pigmented skin use FB product before using this peel. \*Do not apply RetinA or leave-on acid products the day before your peel. Let your skin rest. Never use abrasive products immediately prior to a peel (scrubs).
- ✓ Apply your TEST patch at least 24 hours prior to peel.
  
- ✓ Cleanse the skin with a deep cleanser.
- ✓ Apply layer of Prep B (or highest percentage alcohol) and let air dry.
- ✓ If you wish - protect fingers with a glove or finger cot.
  
- ✓ Pour 1-2 droppers of solution into provided cup.
- ✓ Fold gauze pad in half and dip into solution, saturating pad.
- ✓ Fold gauze in half again and give one GOOD squeeze to remove excess solution.
- ✓ Apply a layer of solution to skin using a horizontal motion starting at your forehead - or - you may apply from outside-in. SEE application video at <https://www.platinumskincare.com/tca-peel-13-20-30/> for a demonstration at our facility.
- ✓ Allow solution to perform for 2-5 minutes.
  
- ✓ **If you are an advanced user**, you may now apply an additional layer(s) of TCA for a deeper peel or to reach a frost. Always wait 2-5 minutes for the skin to coagulate (frosting may be apparent) before applying the next layer.
- ✓ If you see frosting on only certain areas of your face, you may apply another layer to the areas that did NOT have a frost.
- ✓ You will not apply more than 3 layers of solution. You will probably see a visible or spotty frost at 3 layers (skin turns white). \*Only add on 1 extra layer at a time per treatment. Take the process slow.
- ✓ You may splash your face with cool-cold water to soothe it when you have reached your end point - or if it becomes too irritated. Some prefer to leave solution on, though it will not produce more peeling than rinsing.
  - ✚ **\*\*Alternate Luminosity Peel:** At this point, you could now perform our Luminosity Method and apply our topical serum for more intense peeling.
- ✓ Gently pat skin dry and apply healing products (Emu oil/Hyaluronic Acid/Regenerate EGF).
- ✓ Store product upright in a cool, dark closet. **Keep away from children and animals!**
- ✓ Keep skin covered and/or apply SPF 30+ after using this product and for several months after!

**\*\*ALTERNATE\*\* TCA CROSS METHOD:** To treat depressed (ice pick, pock marks) and localized scars, the CROSS method may be used as opposed to, or in conjunction with, the full face method step-by-step instructions (above). If you are applying both methods, begin with the CROSS method and then follow with the full face.

While prepping skin, soak wooden pick in TCA solution for 30-60 seconds. Apply solution to the interior only of depressed scar by applying firm pressure with wooden pick into the scar. \*This is NOT intended to cause bleeding. The "poked" areas should frost in a few seconds to a few minutes. You will see a white ring around the edge of the scar when the peel has frosted. Splash face with cool water to soothe. Apply healing ointment daily. A crust (scab) should form within treated area within 3-5 days. When this happens you may discontinue ointment in favor of a drier serum and Copper. Do NOT pick at the scab. As long as it is attached growth is happening within the deeper layers of skin. In 7-10 days after the peel the scab(s) will fall off. You may or may not see an improvement at this time. Collagen production will continue for the next several months. You may repeat this CROSS application method **1X every 5 weeks** for more remodeling – never sooner.

**Agreement:** I understand and acknowledge that I am under no obligation to follow any recommendations made by the seller. I understand the seller does not treat illnesses and any information received is intended to help me make an informed decision. I assume the risk of any adverse effects or consequences resulting from the use or misuse of any of the suggestions, preparations, or procedures. I hereby release, hold harmless, and discharge the seller, and all of its officers, employees, agents and suppliers from all claims of damages, demands, or actions whatsoever in any manner arising from or growing out of my participation. **\*Misuse of this product can cause injury or burns!** Always follow directions exactly! Do not extend peeling times or alter formulations in any way! Used as directed, our peels and products are safe and effective. By using this product you agree that Platinum Skin Care and [www.platinumskincare.com](http://www.platinumskincare.com) or Platinum Skin Care Inc. assumes no responsibility for misuse of this product or for any consequences or injuries as a result of using any of our products.

**KEEP OUT OF THE REACH OF CHILDREN and animals! Due to the nature of these products, all sales are final.**

**Questions? Need help?** Please contact us at: 1-800-917-3155 or 1-586-598-6093 or email: [support@platinumskincare.desk-mail.com](mailto:support@platinumskincare.desk-mail.com)