

## **INSTRUCTIONS FOR TCA OR PHENOL PEELS**

Two weeks before your TCA or phenol peel you will be required to prep your skin with MD Performance® Retinol Repair (0.5 or 1%). You will also be given a prescription for an antiviral and an antibiotic.

To receive the optimum result for your skin, you will need to purchase the following from our office or from [www.mdperformance.com](http://www.mdperformance.com):

- MD Performance® MD Formula Sunscreen for sun protection
- MD Performance® Retinol Repair (0.5 or 1%) to stimulate cell turnover
- MD Performance® Hydrating Vitamin Mist for hydration
- Acyclovir® anti viral medication to prevent post treatment cold sores
- MD Performance® Jojoba & Green Tea Foaming Scrub
- MD Performance® Deep-Pore Purifying Cleanser
- 3 Oxyvist® treatments to promote healing

### **PREPARATION**

If you have darker skin, your surgeon will ask that you use hydroquinone prior to surgery to prevent hyperpigmentation – it will also be recommended after the procedure if any hyperpigmentation occurs. For four weeks prior to the skin resurfacing procedure, the patient is asked to wash the face with one of the MD Performance® cleansers and water each evening, then to dry the face thoroughly and apply a generous layer of MD Performance® Retinol Repair Gel (0.5% or 1%, as prescribed by your surgeon). Retinols will stimulate the basal layer of your skin to start multiplying – this treatment is designed to have your skin cells multiplying as quickly as possible at the time of your resurfacing treatment, thus expediting your healing process. You should wash your face in a normal fashion in the morning with the cleanser, lightly mist your face with the MD Performance® Hydrating Vitamin Mist and apply your skin care products, MD Performance® MD Formula Sunscreen and your makeup. The office staff will discuss skin care products with you and they will customize a professional skin care package for you.

To minimize the possible development of “cold sores” or herpes infections around the mouth, your surgeon will prescribe Acyclovir® (800 mg.) three times daily, which you are to begin three days prior to surgery and continue for seven days after surgery.

For a period of five days prior to the procedure, thoroughly cleanse your face two times a day, using one of the MD Performance® cleansers and water, and mist lightly with the

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MD Performance® Hydrating Vitamin Mist. MD Performance® MD Formula Sunscreen and makeup may be applied between these cleansings. Continue using the MD Performance® Retinol Repair Gel nightly until surgery but do not use this product for three months after surgery to give your skin a good chance to heal properly.

The evening before and the morning of treatment, gently scrub your face and neck, thoroughly with the MD Performance® Jojoba & Green Tea Foaming Scrub followed by the MD Performance® Deep-Pore Purifying Cleanser. Apply the MD Performance® Retinol Repair Gel one last time prior to surgery. There is no need to set or style your hair, but you may do so if you wish. Do not wear any makeup to the office on the day of treatment. Likewise, moisturizers should not be applied to the face on the day of the procedure.

### **WHAT TO EXPECT AFTER YOUR PEEL**

The redness you see immediately after the peel will be followed by darkened and soupy areas at the peel sites. Remember to keep the treated area lubricated at all times with Aquaphor® ointment to avoid deepening the treated area, which could lead to scarring. You may wash the treated site with water as many times as is necessary during the day, and then reapply the Aquaphor®. It is helpful to sleep with the head elevated on multiple pillows to diminish the swelling. The Oxymist® treatments are part of your healing process and appointments will be scheduled at the time of your peel. Oxymist® treatments to promote healing will be done in our office. The first Oxymist® treatment will be given directly after your peel, the second and third, following days. Bring large brimmed hat to Oxymist® treatments. Additional Oxymist® treatments may be purchased as well.

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Pre and post-op photos may be taken of the treatment site for record purposes. I understand that these photos/videos will be the property of the attending physician. I do\_\_\_\_, do not \_\_\_\_ agree to allow these pictures to be used for publication, teaching purposes or the practice web site. If I agree, I understand that my name will be kept confidential and protected.

**IF YOU HAVE ANY QUESTIONS, DO NOT HESITATE TO CALL THE OFFICE DURING BUSINESS HOURS (949-888-9700) OR AFTER HOURS, CALL YOUR DR BUNKIS' CELL PHONE NUMBER AT (949) 413-8888 OR CRYSL OSBORN, PA AT (949) 480-7590.**

**WITH AN EMERGENCY THAT REQUIRES IMMEDIATE ATTENTION, CALL 911 BUT PLEASE HAVE YOUR FAMILY NOTIFY DR. BUNKIS OF ANY PROBLEMS YOU MAY HAVE!**

I, \_\_\_\_\_ certify that I have read and understand the “**INSTRUCTIONS FOR TCA AND PHENOL PEEL**” information sheets dated September 2018, that my surgeon or his staff has answered all of my questions to my satisfaction, and that I give my informed consent for this procedure.

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date

I certify that I or a member of my staff has discussed all of the above with the patient and have offered to answer any questions regarding the procedure. We believe that the patient fully understands the explanation and answers.

Surgeon's Signature \_\_\_\_\_ Date \_\_\_\_\_

Initial if copy requested/given to patient \_\_\_\_\_ Copy placed in chart \_\_\_\_\_

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Juris Bunkis, M.D., F.A.C.S.