

410.

TCA Peel

Single-agent peel · In-clinic

Photoaging, pigmentation, acne scars | TCA Resurface Pro

CONTACT	NEUTRALISE	FITZPATRICK	COURSE
15 s–3 min doctor decides · strong grades from 15 s	**Cool water** at light frost · no neutraliser	**I–III** caution IV	**1–4 sessions** superficial repeat · medium single
INTERVAL	**JAR**	**DOWNTIME**	**AGGRESSION**
35 days 25–45 by strength	**30 ml** professional pack	**7–14 days** visible peeling	**High** aggression level

PROCEDURE · ONE SESSION

	STEP	TIME	ACTION
01	**Prepare**	2 MIN	Cleanse and degrease with **PREP.01**; air-dry. Protect eyes, lips and nostrils with a barrier. Confirm informed consent before treatment; take baseline photographs.
02	**Patch test** first session only	10 MIN	Post-auricular test spot; observe for 10 minutes before treating the face.
03	**Apply**	1 MIN	T1–T4: one thin, even coat with gauze or a fan brush, 1–2 layers, full face in cosmetic units; avoid eyes, lips and nostrils. T5–T9: CROSS spot-deposit only, never full-face.
04	**Contact** stay with the patient	15 s–3 MIN	**Start at the low end of the window on the first session**; extend on later sessions only with proven tolerance. Watch the field continuously for the endpoint and the stop signs. **Never exceed 3 minutes.**
05	**Remove**	2 MIN	Cool water compresses over the whole field at light frost. No neutraliser at the endpoint. Keep **NEUT.01** on hand for over-reaction only.
06	**Finish**	–	**REST.01** balm and **SPF 50+** before the patient leaves. Hand over the aftercare plan; book the next session at 35 days.

Contact window as per product data. If the printed jar label states a different window, the label governs.



TEXTURE
Clear colourless, water-thin liquid.

ENDPOINT · SKIN, NOT CLOCK

Frost level matched to the strength in use.

T1 speckled Level I · T2–T3 pink-white to solid Level II · T4 dense Level III (advanced only) · T5–T9 instant pinpoint frost on the spot. Cool water compress at the endpoint; do not wait for the frost to deepen.

STOP · COOL AND REMOVE

- ■ **Escalating burning or pain**
- ■ **Deep-red erythema** beyond the expected uniform pink
- ■ **Oedema in the treated field**
- ■ **Solid, opaque white frost** deeper than Level I
- ■ **Urticaria or wheals**
- ■ **Patient cannot tolerate it**

CLINICAL NOTE

Depth is a function of strength and the number of layers, not of time alone. Escalate strength only with formal medium-depth training; straight T4 full-face carries scarring risk and modern practice favours T3 with Jessner. T5–T9 are CROSS spot treatments and are never applied to the full face.

INDICATIONS

- Acne and texture (T1)
- Melasma and photoaging (T2–T3)
- Rhytides (T4)
- Ice-pick scars · CROSS (T5–T9)

Patient profile: Photoaging, pigmentary dyschromia and acne scarring, matched to strength and operator training; T5–T9 are spot-only.

DO NOT TREAT · SCREEN EVERY SESSION

Product exclusions in bold; re-verify every item at every visit, not only the first.

- × **Active skin infection**
- × **Compromised barrier or broken skin**
- × **Pregnancy — physician consult**
- × **Fitzpatrick V–VI without priming and patch test**
- × Breastfeeding
- × Active dermatitis or eczema
- × Oral isotretinoin within 6 months
- × Topical retinoid within 72 hours
- × Laser or IPL within 2 weeks
- × Active herpes simplex
- × Keloid or hypertrophic scar history
- × Sunburn or recent sun exposure
- × Allergy to any listed ingredient

INGREDIENTS · MECHANISM

Trichloroacetic acid · strength as marked on the variant label

Keratocoagulation
Protein denaturation; depth is a function of strength and number of layers (Rubin 1995; Brody 1997).

T1–T4
Full-face, 1–2 layers, cool water compress. T3 is often paired with Jessner (Monheit).

T5–T9 · CROSS
Spot-only: point-deposit into the scar base with a sharpened wooden applicator. Never full-face.

AFTERCARE · DOWNTIME 7–14 DAYS

DAY 0–1	Cool water compresses 10 min every 2 h for comfort. **REST.01** or bland emollient; no actives.
DAY 1–7	Emollient **3–4× daily** until re-epithelialised. **Never pick or peel** by hand.
DAY 7–14	Makeup only once fully re-epithelialised (day 7–10 superficial, 10–14 medium).
ONGOING	**SPF 50+ every 2 h**, hat and shade for 4 weeks. Review day 3 and day 10; photograph each visit. Next session at 35 days.

For professional use by trained practitioners only. This chart supports and does not replace clinical judgement. Obtain informed consent and baseline photographs before every course. Keep **NEUT.01** within reach for the whole session.

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