

## TCA CROSS POST CARE INSTRUCTIONS

The white frost lasts up to 12 hours and is followed by 1-2 days of redness and soreness. After 2-3 days, a small scab develops and should be allowed to fall off by itself after 3-7 days without picking. Subsequent redness takes up to a few weeks to settle.

Darker skin often develops brown discoloration which may take several weeks to months to resolve and is treated with sun avoidance, sunblock and lightening cream. Cleanse your skin 2x daily, pat dry and apply Aquaphor until the scabs come off.

After this sunscreen must be applied daily throughout the course to prevent pigmentation. Darker skin patients can apply lightening cream nightly.

## TREATMENT RECOMMENDATIONS

Treatments are repeated every 4-6 weeks. Usually, 3-6 treatments are needed. While improvement is typically noted with each treatment, patience is encouraged as collagen formation is a gradual process that continues for approximately three months.

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Kristin M Baird, MD | Joe Overman, MD | Maxine Warren, MD | Traci Wilke, PA-C  
P 303.532.2810 | F 303.532.2816 | [DermatologyoftheRockies.com](http://DermatologyoftheRockies.com)

**Longmont Medical Campus** • 1551 Professional Lane, Suite 135 • Longmont, Colorado 80501  
**EP Health Specialty Clinic** • 420 Steamer Drive, Ste 101 • Estes Park, Colorado 80517