

TCA Peel Informed Consent

The function of a Trichloroacetic Acid Peel is to create a controlled shedding of several layers of damaged skin cells. This exfoliation process exposes a new, fresh layer of skin with a more even color and a smoother texture.

A solution is applied to your skin, which causes the top layers of skin cells to dehydrate and peel off over a period of several days, this is usually associated with two to three minutes of a burning sensation upon application. The depth of the peel can be customized to match your requirements with the amount of downtime you are prepared to tolerate, the deeper the peel, the more dramatic the result. Generally, patients take between three days to a week to heal from a TCA Peel. During the healing process there is no pain, but the skin looks as if it has had a severe sunburn.

Side Effects and Complications

Although the majority of patients do not experience these complications, you should discuss each of them with Dr. Truong to make sure you understand the risks and potential complications of a TCA peel.

- Hypopigmentation** – any peel that causes exfoliation will temporarily lighten the skin. The degree of lightening increases as the depth of the peel increases. With deeper peels it can take several months for the skin to completely regain it's normal color.
- Hyperpigmentation** – this is usually associated with darker skinned patients but can occur less frequently in lighter skin colors. Sun exposure following the peel increases the risk. The condition can occur shortly after the peel or up to 2 months later. It can be treated by sun avoidance, sunscreens and prescription strength creams.
- Allergic reactions** – allergy can present as itch, hives, swelling or rash.
- Scarring** – this is an uncommon complication. People at risk include those with a history of keloid scars; patients recently on roacutane therapy; or patients that develop infection.
- Persistent redness** – areas of redness lasting more than 3 weeks may indicate that scar formation is imminent and should be reported immediately to Dr. Truong.
- Premature Peeling** – premature removal of the shedding layer of skin, either accidental or intentional, exposes a layer of immature tissue. This increases the risk of infection and scar formation.
- Infection** – in the event of an infection, antibiotics may be necessary.
- Herptic outbreak** – patients with a history of cold sores should take preventative medication prior to the chemical peel.
- Unsatisfactory result** - There is the possibility of an unsatisfactory result from the procedure, you may require more than one treatment.

By signing this form, I acknowledge and understand:

- I agree that my doctor has answered all of my questions.
- I understand and accept all the risks, benefits, and am aware of all alternatives of TCA peels.

Signature _____

Date _____

Patient name _____

DOB _____