

Published based on [TCA Peel: What You Need To Know About TCA Chemical Peels](#)

TCA Peel: What You Need To Know About TCA Chemical Peels

Trichloroacetic acid (TCA) is a medium depth peel and one of the most popular chemical peels. It is used by doctors, dermatologists and plastic surgeons, and produces results in half the time of the Obagi Blue Peel.

For patients who want to reduce the appearance of fine wrinkles, brown spots, sun damaged skin and acne scars, this is the answer.

A tca chemical peel will remove several layers of the outer skin over a period of weeks revealing a smooth, revitalised layer of skin beneath. It will help to bring back the glow to your appearance and in some cases eliminate altogether the appearance of brown spots and sun damaged skin.

The chemical is applied to your skin with a brush and left for approximately 30 minutes, during which time you will be monitored.

The tca peel is then removed and an oil based steroid ointment applied to protect your skin and prevent it from drying out.

Over a period of 2-3 days your skin will start to peel, and this can be gently taken off and Vaseline applied to retain the moisture.

During the following weeks your skin will start to take on a refreshed glow. In these weeks it's essential you continue to apply the ointments and keep out of the sun.

There may be side effects after a tca facial peel and these are usually in the form of redness, which will disappear after a couple of hours, and a slight swelling. Your physician will no doubt make you aware of this and give you the appropriate medication to combat any discomfort.

The long term effects of a tca peel are a smoother, glowing, healthy looking skin. However, it may be necessary to have more than one peel to achieve a long lasting effect.

As with all chemical peels it is important to apply sunscreen daily, and to avoid over exposure to the sun or sun beds.

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