



**TRICHLOROACETIC ACID (TCA)
CHEMICAL RECONSTRUCTION OF SKIN SCARS (CROSS)**
The Most Successful Treatment of Deep Acne Scars

IDEAL CANDIDATES

TCA CROSS is useful in the following types of atrophic acne scar:

Boxcar
Rolling
Ice-pick

ACNE SCARS: THE BASICS

Inflammation is the single greatest reason for acne scar development. Consequently, the extent of scarring is associated with acne severity and delay in treatment. Each scar is different and therefore requires a customized approach.

Acne scars are currently classified into 3 different types:

(i) atrophic, (ii) hypertrophic and (iii) keloidal.

A net destruction of collagen in the dermis results in **atrophic scarring**. It can be further classified as ice-pick (narrow and deep, 60%), boxcar (1.5-4 mm wide, 25%) or rolling (15%).

Ice-pick (deep pit) scars are frequently the most severe, and, unfortunately, represent around 2/3 of cases. Fraxel or CO2 laser treatment have been considered the gold standard until recently.

Fractional radiofrequency and also the **Chemical Reconstruction of Skin Scars (CROSS)** technique tend to be superior to even the most advanced fractional laser for the treatment of ice pick and deep scarring. They also tend to work well for **boxcar** and **deep rolling scars**.

Four treatments at monthly intervals will serve many patients well. An added benefit is the shorter recovery time compared with Fraxel laser.

HOW DOES IT WORK

- You will be in a comfortable semi-recumbent position during the procedure.
- Your skin is cleansed with chlorhexidine/saline soaked gauze.
- A high-strength TCA peel (50-100%) is focally applied to the base of your scars to ablate the epithelial wall and to promote dermal remodeling.
- The degree of clinical improvement is proportional to the number of sessions.
- Excellent results can be seen in almost all patients after 4-6 sessions.
- Treatment is very well tolerated. Recovery is quicker than with laser surgery.

ALTERNATIVES

Alternatives for the reduction of acne scars include prescribed retinoids such as adapalene (Differin®), fractional CO2 laser (significant downtime), and RF microneedling (Fractora).

OUTCOMES

Excellent results can be seen in almost all patients after 4-6 sessions.

MAINTENANCE

Typically not needed

ANESTHESIA

Not needed

WHO?

Dr. Esche

LENGTH OF PROCEDURE

Treatment sessions are typically 15 - 20 minutes.

INVASIVENESS

Very low

RECOVERY TIME

TCA CROSS is a fast, simple and minimally invasive procedure, with **no downtime or recovery**. Almost everyone returns directly to normal activities following treatment.

PREPARATION

- Avoid tanning and direct sun exposure for 2 weeks prior to each treatment
- Apply a sunscreen with SPF 30 or greater every day for the duration of treatments.
- Discontinue use of any products containing alpha hydroxy acids (such as glycolic and lactic acids) and prescription retinoids (such as Retin-A, Renova, and Tazorac) 2 weeks prior to treatment.
- Treatment areas must be free of any open sores or skin infections.

CONTRAINDICATIONS

Pregnancy, breastfeeding

AFTER CARE INSTRUCTIONS

- Frosting of the scar surface will last up to 12 hours.
- Treated areas may feel sensitive, tight, or dry and may appear pink, red, and slightly swollen for 24 - 48 hours
- After 2-3 days a small scab will develop, which falls off after 3-7 days
- Discomfort is rare, and may be alleviated with over-the-counter acetaminophen (Tylenol) or with the use of a cool compress 15 minutes every hour a few times per day.
- Avoid becoming overheated, perspiring excessively, using hot tubs, steam rooms, saunas, or excessively hot showers in the first few days after treatment, as this may promote blistering and increase the risk of complications.
- Apply only postprocedure topical products as instructed. Regular home skin care products (including alpha hydroxy and retinoic acids) may be resumed 1-2 weeks after treatment or as suggested. Moisturizer may be applied twice a day or more frequently as needed for hydration and to decrease the appearance of flaking.
- During the healing process, avoid picking, scrubbing, exfoliating, or abrading sensitive or peeling skin as this may result in irritation and increase the risk of pigmentation changes and scarring. Mineral makeup may be applied after the treatment if desired. It is preferable to apply makeup the day following treatment.
- Avoid direct sun exposure and tanning bed use for 2-4 weeks after treatment and use a broad-spectrum sunscreen with SPF 30 or greater containing zinc or titanium daily to minimize the risk of pigmentation.
- Avoid hot tubs, swimming, and other water activities for 1 week.
- Avoid electrolysis, facial waxing, or the use of depilatories for 2 weeks after treatment.

SIDE EFFECTS

There is no known permanent side effects of **TCA CROSS**. There are, however, several potential side effects that are temporary. These include but are not limited to the following:

- Prolonged redness or swelling.
- Treated areas may feel sensitive, tight, or dry and may appear pink, red, and slightly swollen for 24 - 48 hours
- After 2-3 days a small scab will develop, which falls off after 3-7 days
- Discomfort is rare, and may be alleviated with over-the-counter acetaminophen (Tylenol) or with the use of a cool compress 15 minutes every hour a few times per day.
- Allergic reactions.
- Blistering.
- Visible flaking/peeling
- Hyperpigmentation or hypopigmentation
- Acne outbreak or the activation of recurrent viral infections such as herpes simplex may occur.
- Infections or scarring
- Suboptimal response or lack of improvement in scarring

ADDITIONAL PROCEDURES TO ENHANCE RESULTS

Fractora RF microneedling can be used to augment and accentuate your results.

INVESTMENT

Your investment varies depending on individual goals, targeted areas, and number of treatments.

ARE YOU INTERESTED IN TCA CROSS ACNE SCAR REDUCTION?

Schedule your consultation now by emailing us at hello@beautifulskin.institute or by calling 703-707-6339