

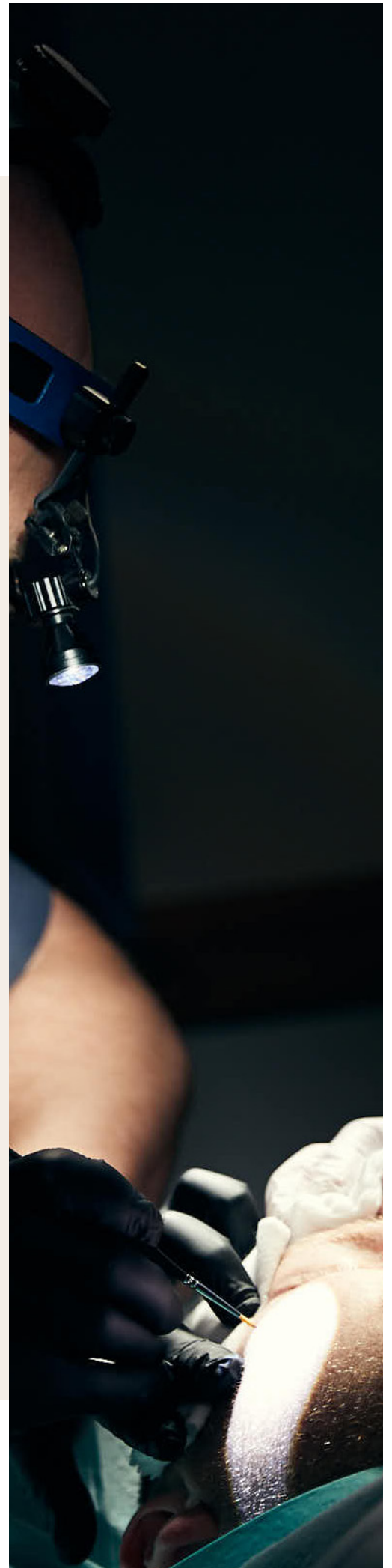
Client guide

Acne scar treatment

- TCA cross



Cutis Clinic





Acne scar treatment - TCA cross

TCA cross

Acne can cause narrow and depressed scars. Consider TCA cross as the first stepping-stone in removing open pores and deep scars known as pitted scars, boxcars, ice-peaks, and linear scars.

TCA cross breaks down scar tissue and stimulates the skin to re-organize and remodel scar tissue to gradually improve.

TCA cross is often combined with RF microneedling, fractional CO2 laser, and surgical procedures like subcision and filling - all at the same treatment session. TCA cross could be used for repeated sessions to raise deeper scars before laser treatments are used in the latter sessions for a final touch.

The consultation

After you have read this information, you will consult the specialist and discuss the treatment and decide if the treatment is indicated to meet your expectations. We will assess the skin under different lighting and take photos for your medical file. Different treatment modalities may be discussed. You will have the opportunity to ask any questions you may have.

You are welcome to bring a companion at the consultation.

Following the consultation, you may give your consent for treatment immediately. You are welcome to bring a companion.

TCA cross is not suitable for you if you are or have:

- Pregnant or breastfeeding
- Forming thick scars (keloid)
- An infection in the treatment area



The treatment

A highly concentrated trichloroacetic acid (TCA 80-90%) is applied at the bottom and edges of the scar with a small brush - this is felt like an insect bite. The surrounding skin is left untreated. If necessary, treatment of several scars may be performed. The treatment can be repeated when the skin has healed after a few weeks. You should expect 2-6 treatments for optimal results.

After the treatment

You should wash your face with a facial cleanser or mild soap twice daily and apply an antiseptic ointment (Fucidine) three times a day until the crusts peel. Avoid any scratch or fingers, as this may cause infection and scarring. Avoid sun exposure, use sun protection and sunscreen SPF 30+ for one month prior and after treatment. We may provide you with skin care products for aftercare.

After TCA cross the scar will appear white ("frosting"), and the surrounding skin will be light red and swollen. After 2-3 days, a small crust on the skin surface may form. Scabs may be covered with make-up. As the crusts peel after about one week, the treated scar often looks worse, as the skin breaks down to remodel itself.

Side-effects and complications

The risk for complications is low when the procedure is performed correctly. Complications include infection (if increased blushing, warm sensation, swelling, fever, or oozing occurs, you must contact a doctor to start antibiotic treatment), transient pigmentation changes after the treatment, and widening / worsening of scars (due to poor healing or too harsh treatment). Itching may occur when new skin layers form.

Results

The result will be seen as a gradual improvement with smoother skin and reduction of pits and scars. The final result is seen approximately after one month. The effect is permanent.

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