

Preparing the skin

There is no need for preparing the skin, unless if melasma is recurrent (use Blending Bleaching® 2-3 times/day for 3 weeks before Easy TCA® but If PIH risk is high: prepare the skin applying Blending Bleaching®, mixed together with the same volume of a 3-6% hydroquinone cream. Mixture should be done in the hand immediately before applying. In all other cases, the peel solution and the Easy TCA® post-peel mask cream contain all the elements needed for the treatment to work and complications are rare.



Applying Easy TCA® solution

Apply the Easy TCA® solution precisely on the melasma and leave to dry completely before applying any further coats until cloudy-pink frosting is achieved on the melasma itself (photo 2 opposite). Next, apply the Easy TCA® solution on the whole face: pinpoint frosting only is the endpoint. Leave each coat to dry completely before applying any further coats. When melasma fades away, after 1st or 2nd peel, there is no more need for local cloudy frosting: only frosting points are needed. Too deep application during 3rd or 4th session could induce PIH.

Easy TCA should be applied using circle movements, no linear movements.



Applying the « post peel mask » cream

Apply the Easy TCA® post-peel mask cream on the whole face. The ingredients of the Easy TCA® post-peel mask cream stimulate skin regeneration and reduce side effects thanks to their anti-inflammatory and antioxidant action. They act directly and specifically on the pigmentation. Post peel mask should be let without washing during 8 hours at least. Keep the post-peel mask in the fridge; it will work better and more quickly.



Before the peel - Frosting during the peel - Day + 3 (normal)

Post peel developments

SEE THE PHOTOS OPPOSITE: (top) Before – (center) Frosting – (bottom) Day +3.

The Easy TCA® solution dehydrates the melasma and makes it look darker the next day and for several days after the peel.

This is not a pigmentary change. The fact that the melasma darkens in the few days after the first Easy TCA® is a positive prognosis.

Skin usually begins peeling at day 3.

Care between and after peels during treatment

Start the morning of the day following the first Easy TCA®:

Wash the skin in the morning and evening with Skin Tech's Cleanser.

In the morning, apply Blending Bleaching® cream on the whole face.

In the evening, apply Blending Bleaching® cream on the melasma only. If a **resistant melasma** is treated: mix Blending bleaching with the same volume of 3-6% hydroquinone immediately before applying on melasma. Between peels: Apply sun protection Melablock HSP® 50+ every 2-3 hours.

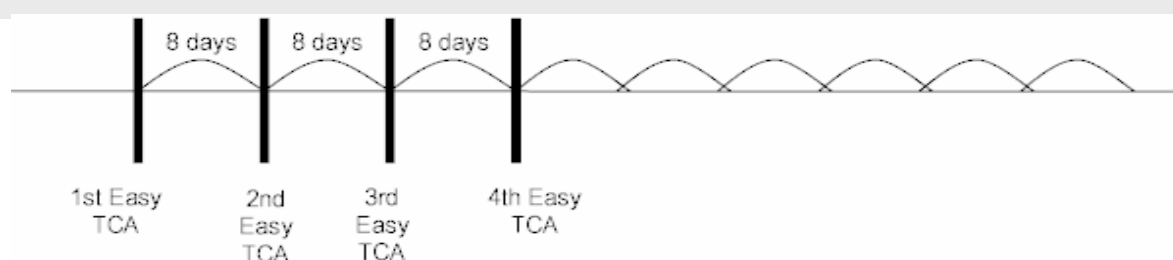
Post peel: Apply sun protection Melablock HSP® 25+ every 2-3 hours.

Repeating the peels

Repeat the Easy TCA® peel 4 times, once a week, as described above.

The doctor can change the total number of peels and the interval between, depending on the condition of the skin: minimum recommended interval, 5 days, maximum, 15 days.

Remember, after melasma clearance, there is no more need of cloudy frosting on melasma. Too deep application could lead to Post inflammatory hyperpigmentation.



Daily care : booster and maintenance care after peels

To boost results: apply Blending Bleaching® (BnB) 2x/d (for at least 6 weeks) then 1x/d (6 months)

Remember, if PIH risk is high: apply Blending Bleaching®, mixed together with the same volume of a 3-6% hydroquinone cream. Mixture should be done in the hand immediately before applying.

Sun protection during peel period: Melablock HSP 50+®, morning & midday + sun avoidance (from the 1st day after the 1st peel and during 9 weeks)

Long-term maintenance: Blending Bleaching® (BnB) 3 d/week (6 months to 1 year) and Melablock HSP 25+®, invisible spray morning & midday + sun avoidance: if there is absolutely no sun outside and for long term pigmentary changes prevention.

Problem solving

- **If melasma recurs:** make sure the patient has kept up with the daily booster and maintenance treatment!
 - o Repeat the 4 Easy TCA® once or twice a year
 - o Insist on the need for sun protection, Melablock HSP 50® + Blending Bleaching® 2x/d. (mixed with Hydroquinone?)
- **If results are a little disappointing (mixed melasma?)**
 - o Do another 4 Easy TCA® after 6 weeks of Blending Bleaching® (mixed with Hydroquinone?) and Melablock HSP 50
- **If results are very disappointing (mixed or dermal melasma)**
 - o Apply Unideep® locally (pure white frosting) on the melasma
 - o Apply Easy TCA® (pinpoint frosting) on the rest of the face
 - o Be very strict with post peel care, sun protection and sun avoidance behaviour.
- **GLobal pigmentary change after a few sessions**

Continue using Easy TCA® until pinpoint frosting only + Blending Bleaching® (mixed with Hydroquinone?) 3 times a day + Melablock HSP® 50 every two hours + sun avoidance + topical corticosteroid for a few days (fluocortolone p ex) if necessary.
- **In all cases:** MD will decide whether to apply a local corticosteroid immediately after the post-peel mask and for the first few days after each peel (to stop the inflammatory reaction) and/or whether to use Blending Bleaching® associated with a 3-6% hydroquinone cream.
- **Linear or very localized PIH:** This is a problem of application technique: Easy TCA should be applied only using circle movements, after drying the cotton bud on the neck of the little glass container: it avoids many PIH.

Blending Bleaching® & Melablock HSP® 50+ and 25+

BLENDING BLEACHING® (BnB)

- **Bleeding:** Glycolic acid, tretinoin precursor

- **Bleaching:**

1/ **Cocktail of tyrosinase inhibitors:** Morus alba, kojic acid, lactic acid, licorice extracts, glabridin, liquiritin, mulberroside F

2/ **Reduction of the oxidative phases of melanin synthesis:** vitamin E: tocopheryl acetate

3/ **Natural anti-inflammatory effect:** glycyrrhetic acid: slows down degradation of endogenous cortisol

Transcutol TM®: concentrates the active ingredients near the melanocytes

MELABLOCK HSP® 50+ et 25+

- **Reflecting sunscreen** UVA + UVB: mineral sunscreen (in Melablock HSP® 50+)

- **Absorbing sunblock** UVA + UVB: non-toxic chemical absorption through a stable sunblock without PABA

- **Protection against thermal cell death:** Induction of heat shock proteins. Protects against thermal protein denaturation.

- **Melablock HSP® 50+** protects against 98% of UV rays and **Melablock HSP® 25+** invisible spray protects against 96% of UV rays.



Easy TCA® kit



Blending Bleaching® Cream



Melablock HSP®

* For more details, see Skin Tech's reference manual (The White Book) or go to www.skintech.info

