Do-it-Yourself At-Home TCA Peels

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Contents

CHAPTER 1

About TCA Peels

A Trichloroacetic Acid (TCA) Peel is a cosmetic procedure usually performed by a licensed skin care professional in a doctor's office. A chemical solution is applied to the face, which causes the top superficial layer of skin to peel off over a period of days, revealing fresher, healthier-looking skin underneath.

TCA peels are used on the face to:

- treat acne.

- reduce acne scarring.

- reduce fine lines and wrinkles from the effects of aging.

- even out skin tone.

- improve skin texture.

Options: Professional vs. Do-it-Yourself

Professional TCA peels can cost an average of $150 to $1,500 per peel for a light to medium depth peel. They are usually done in a series of applications, spaced four weeks apart, often requiring a commitment for a series of peels. Self-performed at-home TCA peels are a much less expensive option, ranging under $100 for multiple peels. Because they are considerably less expensive, more applications may be available to you over time, which may ultimately lead to better results.

At-home TCA peels are usually buffered for safety, which means the pH balance has been altered to make the peel less irritating to the skin. This results in less strength than a professional peel done in a doctor's office but is a safer option for home use. If you follow the instructions and use caution, at-home peels can provide very effective results. At-home TCA peel solution

percentage strengths usually range from 7 to 30%. You can purchase the peels online. Use caution to research sellers and purchase products from a well-researched and reputable company.

CHAPTER 2

What You Will Need

You should have the following ready before beginning your peel:

- Hair clips and elastic
- Gel cleanser
- Towel
- Rubbing alcohol
- Gauze pads
- Tissues
- Cotton swabs
- Petroleum jelly
- Timer
- Vinyl or latex gloves
- Access to water from a sink
- TCA peel
- Neutralizing solution (available where at-home TCA peels are sold)
- Gentle cleanser
- Hyaluronic acid serum

FIGURE 2–1 *At-Home TCA peels are available in a variety of percentages and volumes.*

C H A P T E R 3
Preparing for the Peel

!!WARNING!!

TRICHLOROACETIC ACID IS A CHEMICAL ACID SOLUTION. ADHERE TO ALL SAFETY MEASURES!

- It is recommended that you have previous experience receiving professional peels by a licensed skin care professional before trying at-home peels by yourself.
- Use caution when handling TCA peels.
- TCA peels are recommended for users with lighter skin tones. Check the Fitzpatrick Scale
- https://en.wikipedia.org/wiki/Fitzpatrick_scale to determine your skin tone level. If your skin tone is higher than 3 on the Fitzpatrick Scale, at-home TCA peels may not be recommended, because results may cause scarring or post-inflammatory pigmentation. Check with a licensed skin care professional for advice.
- If misused, TCA peels could cause burns, scars, or other serious harm.
- If burning or scarring occurs, flush with water and call your doctor immediately.
- If you have herpes or cancer, or you are allergic to trichloroacetic acid, then TCA peels are not recommended for you.
- Only adults should use TCA peels. Keep out of the reach of children.
- Do not swallow the TCA peel solution. If ingested, call 911 and poison control immediately.

- If the TCA solution gets into your eyes, flush your eyes immediately with cold water, then call your doctor.

- If you have trouble breathing or have a serious allergic reaction when applying TCA peels, call 911 or go to the nearest emergency room.

- Never use more than 25% at-home TCA for the face. 30% TCA is only for body peels. Do not use 30% TCA solution on your face.

- Do not space TCA peels less than 4 weeks apart.

PREPARE FOR THE PEEL

IMPORTANT: FOLLOW THESE STEPS IN ORDER.

Step 1.   Clip your hair away from your face.

Step 2.   Wash your face with a gel cleanser to remove any makeup or residue.

Step 3.   Dry your face with a towel.

Step 4.   Apply rubbing alcohol to a gauze pad or tissue.

Step 5.   Sweep the pad across all areas of your face, avoiding your eyes, nostrils, and mouth.

Step 6.   Apply petroleum jelly with a cotton swab to the edges and corners of your eyes, the edges of your nostrils, and the corners of your mouth.

You now have a new FrameMaker file in your homework folder.

ADD A FILE TO A BOOK

After copying the file, add it to your book.

Step 1.   Click the **Add File** ( ) icon in the Book Panel.

Step 2.   Select the file you just created.

Step 3. Click **Add**.

Step 4. If necessary, in the Book Panel, drag and drop your file to change the order of the chapters in your book.

NUMBER YOUR NEW CHAPTER

After adding your new file to the book, make sure the numbering is set up correctly.

Step 1. In the Book Panel, right-click your new chapter and select **Numbering**.

Step 2. If you have made your chapter the first chapter in the book:

Step a. On the Chapter tab, select **Chapter #** and set the chapter number to **1**. Keep the Numeric format.

Step b. On the Page tab, select **First Page #** and set the page number to **1**. Keep the Numeric format.

Step c. Click **Set**.

Step 3. If your chapter isn't the first chapter in the book, set the following numbering properties:

Step a. On the Chapter tab, select **Continue Numbering from Previous Chapter in Book**.

Step b. On the Page tab, select **Continue Numbering from Previous Page in Book**.

Step c. Click **Set**.

UPDATE THE BOOK

After updating the numbering, you should update the book to apply all the numbering settings.

Step 1. Make sure the book is active.

Step 2. Select **Edit > Update Book**.

Step 3.   Confirm all the check boxes are selected.

Step 4.   Click **Update**.

If all goes well, this should complete without errors.

EDITING FILES WITH FRAMEMAKER

This is a collection of the major tasks you need to do to edit a file using Adobe FrameMaker.

For more details, go to the Adobe FrameMaker documentation.

- *Basic Writing - Paragraphs* on page 8
- *Basic Writing - Inline Formatting* on page 10
- *Inserting Tables* on page 11
- *Inserting Images* on page 12

BASIC WRITING - PARAGRAPHS

For basic tasks, Adobe FrameMaker works like most editors. Type away, and when you need a new paragraph, just press enter.

The interesting part is how you apply styles.

Adobe FrameMaker has many different types of styles. For authoring, you're going to care about the Paragraph Catalog, the Character Catalog, and the Table Catalog.

Step 1.   To open the Paragraph Catalog, select **Format > Paragraph > Paragraph Catalog**.

This opens the Paragraph Catalog. You can dock the Paragraph Catalog to the side, or keep it as a separate dialog box. If you have multiple screens, I think you can have different dialogs on different screens.

Step 2.   Make sure your cursor is in the paragraph you want to style.

Step 3.   Select the paragraph style you want to use.

You can confirm that the correct style is applied by looking in the lower left corner of the main Adobe FrameMaker window.

In general, once you select a paragraph style, Adobe FrameMaker applies that style to the next paragraph.

However, in a well designed template, certain styles that need to be used together in a certain order can be configured so that when you press Enter, you get the next style.

For example, when I write a procedure in this template, I make a new, blank paragraph, as assign it the StartStep style. This makes the gray line. When I press Enter, the next paragraph is automatically S1_Step1. When I press Enter at the end of the first step, it automatically creates SN_StepNext.

One of the great things about Adobe FrameMaker vs Microsoft Word is that list numbering works. To do this, you create one style that starts a new list, and then a second style that's the "next" in the list.

TABLE 3–1

Paragraph Style Name	Description	Example
N1_Numbered1	Start a numbered list	1.
NN_NumberedNext	Continue a numbered list	2.
Aa_Alphaa	Start an alphabetic list, indented from numbered list	a.
An_AlphaNext	Continue the alphabetic list	b.
S1_Step1	Start a numbered step	**Step 1.**
SN_StepNext	Continue numbered steps	**Step 2.**

Until you restart the numbering by using a first style, the numbering will keep the right number. So even though it was in a table, even though it was paragraphs and paragraphs ago, the next paragraph that's NN_NumberedNext will be numbered 3.

3. All praise list numbering that works!

And, what's also great is that if you've configured it correctly, all the different lists have unique numbering. Therefore, SN_StepNext will also be Step 3.

Step 3. See, it works!

For facts to file and forget, a lot of older Adobe FrameMaker templates may have separate styles for the last list item to have different spacing afterwards.

If you hate using your mouse, Adobe FrameMaker also provides a keyboard method to apply Paragraph Styles.

Step 1. Make sure your cursor is in the paragraph you want to style.

Step 2. Press F9.

Step 3. Start typing the name of the style you want to apply.

Step 4. When you have the style you want, press Enter.

This is why a lot of the styles in this template have weird names, such as B1_Body1. To pick the first body style, I just have to type B1. If my different indented styles were just Body1, Body2, Body3, etc, I have to do a lot of typing to get to that style. (And all bets are off if you have spaces in the style names.

To define styles, you use the Paragraph Designer, which I will touch on next week.

For a complete description of all the styles available in this template, see Chapter 4, "*Chapter Title*".

BASIC WRITING - INLINE FORMATTING

Paragraphs are formatted using the Paragraph Catalog. Inline, or character formatting is done using the Character Catalog. It works very similar to the Paragraph Catalog.

Step 1. To open the Character Catalog, select **Format > Characters > Character Catalog**.

This opens the Character Catalog. You can dock the Character Catalog to the side, or keep it as a separate dialog box. If you have multiple screens, I think you can have different dialogs on different screens.

Step 2. Select the characters you want to style.

Step 3. Select the character style you want to use.

You can confirm that the correct style is applied by looking in the lower left corner of the main Adobe FrameMaker window.

Like paragraph styles, you can use the keyboard to select a character style. The only difference is that you press F8.

For a description of the character styles in this template, see *Character Tags* on page 25.

Character styles have a few caveats:

- Avoid selecting an entire paragraph to apply a character style.

  If you apply a character style to the whole paragraph, it creates a paragraph override. Paragraph overrides can cause problems with conversion to other formats.

- Avoid selecting the end of a paragraph.

  If you have to select the last word of a paragraph, insert a space at the end of the paragraph before the end paragraph marker.

  See *Show Paragraph Markers* on page 14 to be able to see the end of paragraph marker.

INSERTING TABLES

As with most tools, tables get a bit more complicated. You can do all sorts of complicated things. I just will give you the very basics.

Before you insert a new table, figure out what style of table you want to use. You can convert tables between different styles, but you'll be happier if you pick the right one at the beginning.

For a description of all the table styles in this template, see *Tables* on page 27.

Step 1. Insert a blank paragraph and apply the TableAnchor style.

Step 2. Make sure your cursor is in the TableAnchor paragraph.

Step 3. Select **Table > Insert Table**.

Step 4. Keep Element Tag set to <Unstructured>

Step 5. Select a Table Format.

Step 6. Enter the number of Columns, Rows, Heading Rows, and Footing Rows.

Step 7. If your table has a title, and you want to include Continued in the table title if it breaks pages, select **Table Continuation**. If you want to include how many pages the table covers, select **Table Sheet**.

Step 8. Click **Insert**.

You now have a table in your document. Most likely it's not the correct size. See *Resize a Table* on page 29.

INSERTING IMAGES

There are many different complicated ways you can add images in Adobe FrameMaker. If you're doing actual book design, you can have images be inline with the text and have word wrapping and all sorts of fun stuff. This is very complicated, and more than we want to get into in this course. However, if you want to make a pretty book, it can be useful.

In general in tech doc, you want images to be certain sizes in certain positions. Enter the world of anchored frames.

Notice the name of this application is FrameMaker. All of your content goes into frames. What you are writing in is a text frame. If you want to have a sidebar, you can insert another text frame, etc.

To insert an image, you insert an anchored frame, and then you put your image inside of the anchored frame.

Step 1. For a stand-alone image, insert a blank paragraph and apply the Anchor paragraph tag.

Anchor paragraphs enable you to have the correct spacing above and below the image or table.

Step 2. With your cursor in the Anchor paragraph, select Insert > Anchored Frame.

Step 3. Keep Object Style and Element Tag as is.

Step 4. Set Anchoring Position to Below Current Line.

Step 5. Select your Alignment.

Step 6. Set a Width and Height.

- 4.25" Width fits the column.

- 5.5" Width fits the page.

Step 7. Click New Frame.

Step 8. Select the Anchored Frame and select File > Import > File.

Step 9. Select the file you want to import and click Import.

**Step 10.** Select the DPI you want to have the image at and click Set.

The image is inside of the Anchored Frame, and will stay inside of the Anchored Frame.

You can do all sorts of alignment stuff, depending on your company's style guide.

You also use this for inline images, like icons in steps.

When inserting the anchored frame, have your cursor where you want the inline image. When defining the anchored frame, select At Insertion Point for the Anchoring Position. After you insert your icon, press ESC+M+P to wrap the anchored frame around the image.

FIGURE 3–1   *Example Image in an Anchored Frame*
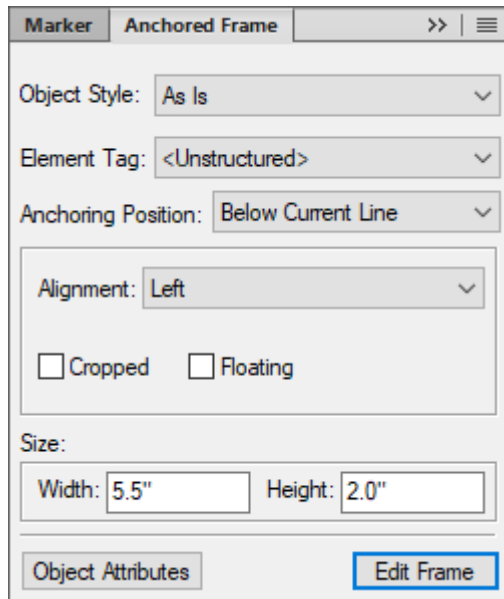
These images are imported by reference. This means that you can update the image without having to make changes to the file. This is a huge improvement.

USEFUL TIPS AND TRICKS

Little things that can make using Adobe FrameMaker slightly more bearable.

- *Show Paragraph Markers* on page 14
- *Refresh the Display* on page 15

SHOW PARAGRAPH MARKERS

In general, in most any tool I use, I love to turn on the formatting markers. I often care about tabs vs spaces, etc. Seeing these markers can help you troubleshoot formatting headaches.

- Select **View > Text Symbols**.

For facts to file and forget, a lot of style guides recommend if you have a procedure that is a single step, use a bullet, not a number.

REFRESH THE DISPLAY

For unknown reasons, Adobe FrameMaker does not refresh it's display automatically. You can get some really terrible artifacts that can make it seem that your formatting is terrible.

Sometimes, saving the file helps.

Otherwise, do the following:

- Press CTRL+L.

ADVANCED TASKS

Some not very well flushed out more complicated FrameMaker things.

UPDATE THE TEMPLATE TO THE NEW VERSION

Most likely, you need to update the template files to the new version of FrameMaker.

Open all the files in the template with your version of FrameMaker and save them.

SETTING UP A BOOK

You have two options:

- Copy the book from the ClassDemo folder.

- Make a new book.

If you make a new book, you have to set up everything.

If you copy the book, you will have a bunch of errors until you remove the old files and add your new files.
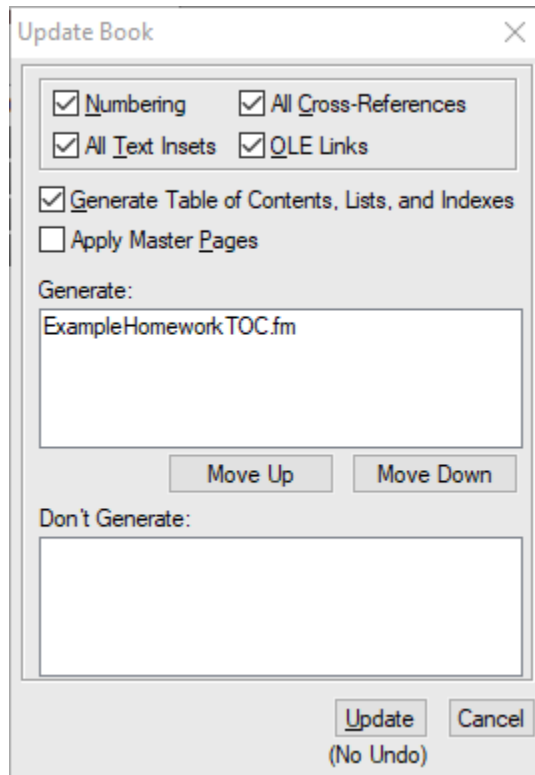
SETTING UP TOC

This is one of those things you have to do once in a blue moon.

To add a new table of contents, do the following:

Step 1. With the book active, select **Add > Table of Contents.**

Step 2. Select the paragraph styles to include in the table of contents.
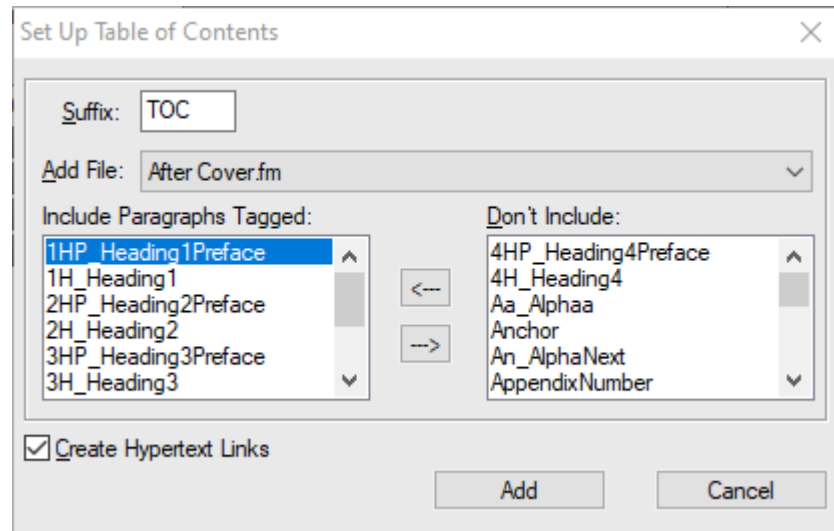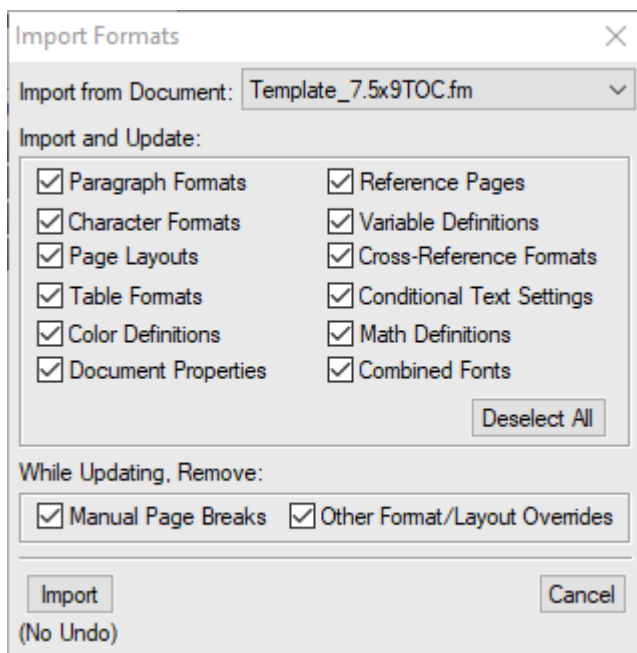
Step 3. Click **Add**.

Step 4. Click **Update**.

This creates your TOC file, and there will be lots of errors. It will also look terrible.

Therefore, you need to import the TOC template file.

IMPORT A TEMPLATE

Step 1. Open the template file in FrameMaker.

Step 2. Open the file you want to import the template into.

Step 3. Select the template file and all of the items.

Step 4. Click **Import**.

You now have the styles, but you're starting on a right page, not the TOC title page. Therefore, you need to apply a Master Page.

APPLY A MASTER PAGE

Step 1. Select **Format > Page Layout > Master Page Usage**.

Step 2. Select **First** for the Custom layout.

Step 3. Click **Apply**.

You're almost there.You still don't have the title in the right place.

FIX THE TOC TITLE

Step 1. Place your cursor at the very beginning of the file.

Step 2. Press **Enter** to insert a new paragraph.

Step 3. Go to this new paragraph and enter **Contents** (or whatever you want to call your table of contents)

Step 4. Apply the ContentsTitle paragraph style.

UPDATING A COPIED TOC

If you copied files over from the template, you don't have to do as many steps to set up the TOC.

Note: Do not rename the TOC file until after you update it.

Step 1. Open the copied TOC file in FrameMaker.

This ensures you don't run into trouble with missing fonts, etc.

Step 2. Select the book in the left-side book navigation pane.

You need to select the actual book, the top node of the tree.

Step 3. Select **Edit > Update Book**.

Step 4. Select **Update**.

CHAPTER 4
Applying the Peel

Apply the Peel

see *!!Warning!!* on page 5

Step 1.	Put on vinyl or latex gloves.
Step 2.	Apply the TCA solution to a gauze pad and squeeze out the excess. Beginners should start with a 7% solution. When 7% is tolerated with multiple layers in future peels, then you may gradually increase percentages up to 25%.
Step 3.	Sweep the pad over your face, avoiding your eyes, nostrils, and mouth. Redness may occur and the solution may tingle or cause a slight burning sensation.
Step 4.	Set the timer for 1 minute for your first peel. See the table below.

First Peel	Leave on 1 minute or until your skin frosts
Second or Third Peel	Leave on 2-4 minutes or until your skin frosts
Fourth Peel and After	Leave on 5 minutes or until your skin frosts. Second layer may be applied if no frosting occurs

FROSTING

Step 1. If areas of your face frost (turn white), then apply the neutralizer immediately to that area.

Step 2. Beginning with your fourth peel, if no frosting occurs, then you may apply a second layer.

POST PEEL

Step 1. When the time is up, neutralize your skin with the neutralizing solution.

Step 2. Wash your face with a gentle cleanser.

Step 3. Dry your face with a towel.

Step 4. Apply hyaluronic acid serum or another non-irritating gentle moisturizer to your face.

Step 5. On nights 2 and 3, apply petroleum jelly, emu oil, or argan oil to your face before bed. Your face may begin to peel or flake about day 3 and continue peeling for 7-10 days.

Step 6. Even if your skin does not peel or flake, the TCA peel is still effective for your skin.

Step 7. Wash your face twice daily and keep moisturized.

Step 8. Space TCA peels at least 4 weeks apart.