

MicroLaserPeel® Pre and Post Care Instructions

Scheduling Considerations: This treatment requires up to 14+ days of healing, which may include swelling, redness, pinpoint bleeding, plasma weeping, bruising, and peeling. You'll need to avoid strenuous exercise, sweating, swimming, hot tubs, and sauna use. Please avoid scheduling your treatment close to vacations, travel, special events, outdoor activities, family photos, or other important plans during this healing time.

Pre-Treatment Instructions:

- Inform your provider if you have a history of recurring facial or oral herpes (cold sores / fever blisters) to receive advice on antiviral therapy prior to treatment.
- Do not have a MicroLaserPeel if you are **pregnant**.
- Inform your provider if you have used **Accutane/Isotretinoin** in the past year or have recently used topical medications or antibiotics, or anti-coagulants.
- Avoid having **dermal fillers** injected **1 month prior** to procedure. Wait a minimum of **2 weeks after** the procedure to have dermal fillers injected.

21 days before treatment:

- If you are prone to hyperpigmentation, your provider will prescribe a topical skin bleaching cream to use a minimum of three weeks prior to your treatment.
- **Avoid all sunless or self-tanning products**, including bronzers, creams, lotions, sprays, and tanning oil drops

14 days before treatment:

- **Avoid waxing, tweezing, and plucking.** Do not use bleaching cream or hair removal cream in the area for a minimum of two weeks prior to treatment. Avoid excessive sun exposure, heat lamps, sunburns, and tanning.

3 days before treatment:

- **Stop all topicals, with the exception of a plain moisturizer, gentle cleanser and sunscreen.** You must avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, “Groots”, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other “anti-aging” or acne products. Also avoid waxing, tweezing, or the use of hair removal cream on the area to be treated, and excessive sun or heat exposure.

Day of treatment:

- **Please arrive to the office 30 minutes early for numbing with a “clean face”.** Please **do not wear makeup**, if possible.
- **Bring a hat and sunglasses** to the procedure as you may be sensitive to the sun and heat after your treatment.

Immediately Following Treatment:

- Redness and swelling are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase with the depth of your peel.
- Following treatment, you can begin using an occlusive barrier, i.e. EltaMD® Moisture Seal, taking care to cover all treated areas. The occlusive barrier is needed to provide a protective barrier that will hold moisture into the skin and provide protection to the skin as it heals. With clean hands, gently apply the occlusive barrier as needed for comfort.
 - **Do not allow the treated area to dry out.**
- In addition to the occlusive barrier cream, you may also use Avene® Thermal Spring Water, spraying onto the skin to calm and cool it.
- Redness normally persists for **24 hours – 5 days or longer**, depending upon the depth of the peel.
- **Use of a cold compress or ice packs** will help to relieve the warmth and swelling; be sure to wrap ice packs with paper towels prior to using. This is typically only needed within the first 12 hours after the treatment.
- To avoid further swelling, you may choose to **sleep in an upright position** the first night after the treatment.
- Make sure you only **use clean linens and towels** during the healing process. Pillowcases need to be changed and washed regularly. Note: Fabrics in contact with the skin may become stained from the EltaMD® Moisture Seal and/or pinpoint bleeding.
- If an **antiviral was prescribed** for you, continue to take as directed.
- While not commonly needed, post treatment discomfort may be relieved by oral pain relievers; i.e. **Extra Strength Tylenol or Ibuprofen.**

Plasma Weeping (Normal Healing Response): Typically **subsides within 1–2 days**, followed by light peeling

- Following treatment, you may notice mild **plasma weeping (clear to slightly yellow fluid)** from the treated area within the first **24–48 hours**. This is a normal part of the skin's healing process.

Please see reverse side of page

Plasma Weeping (Normal Healing Response) Continued:

- Skin may appear **moist, shiny, or slightly “dewy”**
 - Light crusting may occur as the fluid dries, and warmth and tightness are common
 - You may gently **blot (do not wipe)** excess fluid with clean gauze if needed

The Next Morning Following Treatment

- **Avoid** cleansing devices/brushes, glycolic acids, Vitamin C, scrubs, Tretinoin (Retin-A), and Retinol creams for 14 days.
- When showering, be sure to **wash your hair behind you** to avoid getting shampoo directly on the treated area.
- **Cleanse the skin two times a day** with plain, lukewarm water and a gentle cleanser; (i.e. Avene® Tolerance Extremely Gentle Cleanser) beginning the morning after the treatment.
- Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. **Be careful not to rub the treated area.**
- After cleansing, **reapply the occlusive barrier, EltaMD® Moisture Seal**, taking care to cover all treated areas. The occlusive barrier is needed to provide a protective barrier that will hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. Reapply as often as needed.
- **Do not allow the treated area to dry out throughout the course of healing.**
- **Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally.** DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS. THIS COULD RESULT IN SCARRING AND INFECTION!
- Gently washing the skin more frequently will help to promote the peeling process.

(OPTIONAL) Vinegar Soaks (Day 2 or 3, following treatment): *Vinegar Soaks provide added comfort and promote healing. The addition of vinegar may sting or be too irritating immediately following the procedure, so it is advised to begin no earlier than DAY 2 or 3. If irritation or any level of pain occurs, discontinue soaks until the next day. Test an area, such as the forehead, to ensure skin can tolerate.*

- a. Soak Solution: 1 teaspoon of white vinegar in 8-10 ounces of cool water
- b. Starting on DAY 2 or 3, soak/compress the laser treated areas with strong paper towels, saturated in the Soak Solution.
- c. **Apply Vinegar Soak to skin every 2 to 4 hours**, as needed for up to 5 days or as advised by Provider.
- d. The solution may be at room temperature or refrigerated - whichever you prefer.
- e. Important: **Soak off crusts and scabs. Do not pick, rub, or force off any skin during the healing process, this could result in scarring and/or infection!**
- f. After soaking, always apply a generous layer of EltaMD Moisture Seal to the treated area. This will keep the skin moist, promote healing, and prevent the skin from drying out. Use EltaMD Moisture Seal as often as needed throughout the healing process. **DO NOT LET YOUR SKIN DRY OUT.**

Additional Care

- **Itching may be experienced during the healing phase** and is completely normal. Oral Benadryl may help itching but can cause drowsiness. Zyrtec or Claritin can be taken as alternatives. DO NOT scratch the treated area as scarring and pigmentation complications can occur.
- **Avoid** strenuous exercise, sweating, swimming, hot tub, and sauna use until after skin has healed.
- **Avoid** pets and small children having contact with treated skin throughout the healing process.
- During the healing phase, be sure to **disinfect your cell phone or landline phone** with alcohol wipes before use. Try to avoid your treated skin’s contact with the phone by choosing a hands-free option.
- **Avoid direct sunlight for up to 2 months** post treatment. If in direct sunlight, apply sunscreen 20 minutes before sun exposure and reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area.
- **Once skin has healed** (no longer wearing the occlusive barrier) you may begin to wear makeup.
 - If you are able to wear makeup, **sunscreen should be worn on a daily basis** to help prevent any hyperpigmentation issues that could be caused by direct and indirect sunlight.
- **Wait a minimum of 4 to 6 weeks** (or as directed by your Cosmetic Provider) before receiving any additional skin care or laser treatments.
- **Occasionally, white heads, perioral dermatitis, or acne may form post treatment.** You should contact your Cosmetic Provider as a topical medication may be recommended.

Contact the Office Immediately if Any of the Following Signs of Infection Occur:

- Drainage – looks like pus, or thick yellow/green discharge
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Severe pain that is unresponsive to over-the-counter pain relievers