

## NanoLaserPeel® Pre and Post Care Instructions

**Scheduling Considerations:** This treatment requires up to 5 or more days of healing, which may include swelling, redness, 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 NanoLaserPeel 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.
- This is typically only needed within the first 12 hours after the treatment.

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- **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.
- 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.**

### 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.

### 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, a **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