

Express MicroLaserPeel Pre/Post Treatment

Pre-treatment

- Avoid any type of sunburn or suntan for 3 weeks prior to laser treatments.
- Treatment of tanned skin increases the risk of blistering and/or permanent discoloration.
- Do not use self-tanning lotions 3 weeks prior to laser treatment.
- Stop use of products containing retinol, glycolic or salicylic acid (Renova, Differin) 1 week prior to treatment.

We recommend a prescription for Valtrex for those with a history of herpes, cold sores or fever blisters. Laser light may cause an outbreak in treated areas leading to more serious complications. A prescription for Valtrex can be called into a pharmacy prior to treatment.

Day of Treatment

Medication: Valtrex 1gram tablet

- Take 2 tablets on the morning of peel.
- Take 2 tablets 12 hours after first dose.
- Please arrive with cleaned and make-up free skin.

What to expect during treatment

- Intense burning, warmth and a “sunburned” sensation may be felt during and immediately after MicroLaserPeel Express.
- Aquaphor will be applied immediately after treatment and is to be left on the skin until washing before bedtime. Aquaphor should be reapplied immediately after cleansing to keep skin moist.
- Facial swelling and redness can be expected after treatment and for the next 2-3 days following.

Post-Treatment

For the next 2-3 days follow this routine

- Wash with **Gentle Cleansing Lotion** twice a day for 2-3 days
- Apply **Aquaphor** to skin after cleansing. Aquaphor may be applied throughout the day for added comfort.
- On day 3 you can begin to use the SPF 50 or SPF 45 in place of Aquaphor during the day. (Mineral makeup can be worn as soon as your skin can tolerate it) If the skin is red, dry, or itchy continue to use Aquaphor.
- Ibuprofen, Advil, Motrin or Tylenol can be taken as directed for discomfort.
- Sleep with head elevated to help reduce facial swelling.

Avoid

- Heavy exercise, saunas, hot tubs/showers for 48 hours after treatment.
- Picking or exfoliating any peeling or flaky that occurs. **This could result in scarring or permanent discoloration.**
- Sun exposure for 2 weeks after treatment. An SPF of 30 is highly recommended for everyday use and should be reapplied every 2-3 hours when in direct sunlight.

You may begin to use products containing retinol, glycolic or salicylic acid 1 week after treatment.