

Micro Laser Peel Treatment Instructions

Pre-Treatment Instructions

- If you are taking narcotics or a sedative for your treatment you must have a ride home. You cannot take a taxi. Please arrange for transportation for the day of your procedure.
- 2-3 weeks before your treatment: Avoid sun exposure, tanning beds and tanning creams **Recent sun exposure may result in rescheduling of your treatment.**
- Do not wax or pluck the area to be treated 2-3 weeks prior to treatment
- 7 days prior to your treatment: Discontinue use of all exfoliating and bleaching agents (Retin A, Hydroquinone, glycolic acids, etc.)
- 7 days prior to your treatment: Discontinue use of all photosensitizing medications (Tetracycline, Minocycline, Doxycycline, etc)
- 7 days prior to your treatment: Do not receive any active skin treatments such as chemical peels or microdermabrasion
- Start Valtrex Rx 2 days before procedure as directed
- Start Cephalexin (antibiotic) day of procedure as directed
- Take narcotic/sedative before your procedure at the spa (optional)
- 1 hour before your treatment: You may take a Tylenol if desired. Do not take Aspirin or Ibuprofen

Post-Treatment Instructions

- Apply ice packs to the treated areas to alleviate any discomfort or swelling
- Take analgesics such as Ibuprofen 600mg every 8 hours with food as needed
- Take Loratadine 10 mg (generic Claritin) once daily as directed
- For the first 24 hours, do not take a hot shower, use hot tub or sauna or sweat excessively
- Keep skin moisturized with a heavy moisturizer (Aquaphor) and wash face with 20% vinegar solution while healing
- If a blister or scab develops, apply contact the office; do not scratch or pick blisters
- Products containing glycolic acid, Retin-A and most prescribed topical and orals may be resumed in 2-7 days after treatment as advised by a clinician
- Avoid sun exposure on the treated area for 2 weeks after treatment
- After 2 weeks avoid sun exposure unless wearing SPF 30 (UVA/UVB) or greater

What to Expect

- Swelling and/or redness normally occurs after treatment, this may last for 3-4 days
 - You may experience flaking on days 3 – 7
 - Keep in mind, deeper peels have longer downtime than lighter peels. Swelling and redness is expected and will last longer with deeper MLP/Profractional procedures.