

MICRO LASER PEEL

TREATMENT GUIDE

Post-Care Expectations:

- Intense burning, redness, warmth, and a sunburned sensation are normal responses following a Micro Laser Peel; the discomfort and redness generally last 2-8 hours after the procedure.
- Generally, the more healthy your skin, the less redness you will have from the treatment, and the faster the healing response. The redness and healing time will increase with the depth of your peel.
- Within 24-48 hours the redness will have significantly improved if not completely gone away.
- The day after the procedure, your skin will feel tight and may be itchy.
- Peeling or flaking will start on the 2nd or 3rd day following your treatment. **NO MATTER HOW TEMPTING, DO NOT PICK OR SCRUB YOUR SKIN.**
- Some patients will wake up with facial swelling, particularly around the eyes for several days following the treatment. This is normal and usually resolves within 3-5 days.

Post-care Instructions:

- Cool compresses with a damp, soft cloth for 10-20 minutes at a time may help relieve the temporary discomfort.
- Ibuprofen, Advil, Aleve, Motrin, or Tylenol can be taken as directed for pain.
- After cleansing your face, apply an occlusive barrier (i.e. - Copper complex or healing balm). Take 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 the occlusive barrier as needed. Do not allow the treated area to dry out.
- When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated area.
- Avoid strenuous exercise and sweating until after skin has healed.
- Once skin has healed (and you are no longer wearing the occlusive barrier) you may begin to wear makeup. If you are able to wear makeup, a sunblock should be worn on a daily basis to help prevent any hyperpigmentation that could be caused by direct and indirect sunlight.
- Prolonged sun exposure should be avoided for 4 weeks post treatment.
- Do not use any products containing Retin-A, Retinol, or AHA for 1-2 weeks following treatment.



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