

PRO-FRACTIONAL

LASER PEEL



Pre-treatment:

- Plan on going directly home after treatment. You may want to have someone drop you off/pick you up.
- You may have pinpoint bleeding on your face when you leave, so bring along a hat or scarf to cover with.
- If you have a history of herpes or cold sores, please let us know. We will prescribe you an appropriate medication.
- You will need to have a mild facial cleanser, sun block with SPF 30, and a good moisturizer. You may need a pain reliever such as ibuprofen or acetaminophen. An antibiotic ointment may also be needed. PuraVida also recommends an occlusive barrier be applied to skin immediately following procedure (i.e. copper complex) and throughout the healing process.
- Occasional itching may occur. Take Benadryl as needed for itching.
- Arrive at PuraVida 1 hour prior to the treatment in order for a topical anesthetic cream to be applied.

Post-Care Expectations:

- Redness normally persists for 24 hours to 3 days, depending upon the depth of the treatment.
- There may be pinpoint bleeding in the first 12-24 hours (especially in aggressively treated areas).
- Some swelling may occur depending on the aggressiveness of the treatment. To avoid further swelling, try sleeping in a more elevated, upright position the night after treatment.
- Skin will feel tight.
- Skin may or may not peel depending on the depth of the treatment. Complete healing should occur in an average of 3-5 days, and 5-10 for deeper treatments.
- Occasional itching may occur. Take Benadryl as needed for itching.
- A mild degree of oozing may occur and may persist for the first 24 hours after treatment.
- Peeling and flaking generally occur within 48 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!**

Post-care Instructions:

- Post treatment discomfort may be relieved by oral pain relievers (i.e. Ibuprofen or Tylenol).
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, beginning the morning after 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 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.

Warning Signs:

- There may be some degree of swelling immediately post treatment; however, if you have excessive swelling you should contact the office immediately.
- If you notice any tingling or lesions around the mouth or nose, call immediately. This may be a sign of a cold sore breakout and we will prescribe you an antiviral.
- Notify PuraVida if you experience any of the following signs of infection:
 - Drainage – looks like pus
 - Increased warmth at or around the treated area
 - Fever of 101.5 or greater

