

## **Micro Laser Peel™ Post Treatment Instructions**

### **Post Treatment Response**

The epidermis is a robust and resilient structure and functions as a physical barrier to protect the deeper dermis, and retain the skin's hydration. It is often the source of fine lines and discolorations in aging skin. A MicroLaser Peel will not fully remove the epidermal barrier of your skin, so your recovery time should be only a few days.

Patient response can vary. Generally, the more healthy your skin the less redness you will have from treatment, and the faster the healing response. The desired response is erythema (redness) and possible light edema (swelling) within a few minutes of laser application. The redness and healing (often similar in appearance to sunburn) will increase with the depth of your peel.

You should notice erythema, edema, and a sunburn sensation in your treatment area for up to twelve hours after treatment. Swelling should be present only as a short-term response. You may choose to sleep sitting upright the first night after the procedure to avoid swelling of facial tissues. You may peel or flake as a result of the treatment. Peeling or flaking usually occurs after 24 -48 hours. This may be expedited with a nonirritating exfoliant.

### **Post Treatment Care**

Post treatment discomfort may be relieved by oral pain relievers or valium.

While not often used, a cold compress can be used after treatment to provide comfort. Apply for about 10 minutes at a time and repeat every few hours if discomfort persists. Shower with cool water on the treatment area.

It is important for the treated area to remain soft and pliable during healing with the use of a topical occlusive on the treated area (Aquaphor, Vaseline, etc). Do not allow the treated area to dry.

Avoid sun exposure or tanning lights. Always use a SPF-30 sunscreen whenever you go outside. Hydroquinone will reduce the probability of hyperpigmentation (temporary darkening) in Asian and darker skin types. Apply the hydroquinone twice daily, and after washing the treated area.

Do not pick at or scrub the treated area. Peeling or flaking should be allowed to come off naturally and may be accelerated with a non-irritating exfoliant.

Recommended time interval between treatments is a minimum of 8 - 10 weeks.