

Pre-Post Care for Microlaser Peel, Profractional Therapy, Arctic Peel, and Nano Peel

PRE TREATMENT:

IF YOU HAVE MELASMA OR PIGMENTATION: Pre-treat with prescription hydroquinone 4% and RetinA, as early as possible before treatment. A titanium and zinc based sunblock is also required.

- **SMOKING IS HIGHLY DISCOURAGED FOR 1 MONTH BEFORE AND 1 MONTH AFTER TREATMENT. SMOKING SHUTS DOWN COLLEGEN PRODUCTION AND INHIBATES YOUR ABILITY TO HEAL.**
- **NO BLOOD THINNERS, ASPERIN, FISH OIL, OR LARGE AMOUNTS OF ALCOHOL TO 1 WEEK PRIOR TO PROCEEDURE. THESE WILL MAKE YOU BLEED MORE DURING THE PROCEEDURE.**
- **Please have the following items on hand prior to treatment: an acid-free cleanser, sunblock, 4 x 4 gauze, ibuprofen, and laser recovery cream.**

POST CARE:

Immediately following your procedure

Your procedure will take approximately 15 minutes. Post treatment we will apply a mixture of laser balm and sunblock to your skin. It is imperative that you avoid sun exposure during your healing.

Laser balm and sun block should be applied daily as needed to keep the skin moist. Your skin does not have an epidermal barrier.

1. Discontinue all other skin products at this time until your healing is complete.
2. You may wash your face with a gentle, acid-free cleanser. Be sure to reapply laser balm following cleaning your skin. We recommend Cetaphil Gentle Cleanser or Elta MD Foaming Facial Cleanser.
3. On approximately days 7-10 you may resume the daily AM application of non-irritating skin lotions. Any prescriptions provided to you must be taken as directed to avoid post treatment complications.
4. **Do not** go into direct sunlight for at least 1-2 weeks following treatment. Use sunscreen daily.
5. **Do not** use Retin-A, Retinol, AHA 1-2 weeks following treatment.
6. Tightness or redness may occur. This is a normal appearance post treatment. Over the counter Hydrocortisone 1% cream may be used as directed for any mild discomfort.
7. If any unusual redness or swelling occurs, please call the office at 440-499-7145.

8. **You may use ibuprofen OR Tylenol for discomfort.**
9. Profractional laser therapy: You may bleed for a period of time following the procedure. THIS IS NORMAL.
10. **You may take ORAL Benadryl if you experience itching.**

One week follow up: Follow up with our aestheticians at one week to assess skin health. Your aesthetician will discuss your skin care regime going forward to prolong and protect your skin.

Two week post op: A dermaplanning treatment should be performed at this time to remove any lingering debris from the skin. You may begin using your recommended medical grade skincare system at two weeks.

Monthly follow up: Skin care maintenance should be received at least once a month by our aestheticians. Monthly maintenance will prolong your investment and keep your skin looking its best. Your monthly maintenance program will be customized to your needs.

Other Helpful Hints

- 1) Please arrive at our spa with clean skin and no make-up
- 2) Please bring a hair band to avoid hair sticking to the laser balm
- 3) Wear a button up shirt so that you do not get laser balm all over a good shirt when removing
- 4) Use an old pillowcase while you sleep to avoid laser balm grease staining
- 5) Clear your social commitments so that you may heal appropriately
- 6) Use a hat if going outdoors
- 7) Do not pick at your skin.
- 8) Please note that full effects of laser therapy may not be seen for up to 6 months.
- 9) Venus Viva is recommended to continue to improve skin laxity and scarring. Treatments should be every 1-2 months depending on severity.
- 10) Treatment may be repeated between within 3-6 months depending on your providers recommendations.