



MicroLaserPeel™ Post Operative Care Instructions

- ✚ Redness and swelling are normal responses after the procedure and should only last a few days. You should plan on about a day of redness per 10 microns. (For example: a 30 micron peel= three days of redness.)
- ✚ If swelling does occur, use of a cold compress or crushed ice to bring the swelling down. As a precaution, you may want to sleep with your head slightly elevated the first night after the procedure.
- ✚ Gently cleanse the skin twice per day with plain lukewarm water and a lipid free cleanser (i.e. Cetaphil or Dove) beginning on the morning after the treatment. Use your hands to gently apply the soap and water and finish by patting dry with a washcloth taking care not to rub the treated area.
- ✚ When showering, be sure to wash your hair behind you as to avoid getting shampoo directly on the treated area.
- ✚ After cleansing your face, reapply your post laser balm (i.e. Aquaphor, Polysporin) taking care to cover all treated areas. The balm is providing a protective barrier that will a)keep the skin moist and b)provide protection to your skin from damaging pollutants as your skin heals. The balm should be worn at all times while the face is healing. You may discontinue use of the balm once your face is no longer sensitive.
- ✚ Peeling and flaking generally begin to occur 48 – 72 hours post procedure. Remember, do not pick at the skin or use any harsh scrubs to speed up the peeling process. Washing more frequently will help promote the peeling process.
- ✚ You should try to avoid direct sunlight following the procedure and during the healing process. However, if you must be in the sun for any length of time, you should wear a sunscreen with an SPF of at least 30. The proper application is to first apply your post laser balm followed by the sunscreen. Sunscreen contains harsh chemicals that will irritate the healing skin.
- ✚ Once your face is no longer sensitive to the touch, you may discontinue your post laser balm. You should then begin using a good moisturizing cream to help re-hydrate your skin. Ask your provider for his or her recommendations. A good skin care program will maximize the lasting benefits of this treatment. Your skin will be fully hydrated and look its best two weeks post procedure.
- ✚ Microlaserpeels™ may be repeated every 8 weeks until the desired effect is achieved.