

MicroLaserPeel® (MLP®)

For your safety and in order to obtain optimum results, the instructions below should be followed

- How to Prepare for your MicroLaser Peel Treatment:
 - ABSOLUTELY avoid any sunburn or suntan for 4 weeks prior to laser treatments. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENTS.
 - Do not use any self-tanning lotions or spray tanning in the month prior to treatment.
 - Stop using Retin-A for one week prior to treatment.
 - You may need to use Hydroquinone Cream 4% for 4 weeks prior to a treatment to reduce the possibility of complications.
 - Please inform us if you have any history of “herpes”, “cold sores”, or “fever blisters”. In such instances, we recommend taking Valtrex 500 mg, 1 tablet twice a day for 5 days starting on the day before the laser treatment. Like sunlight, laser light may cause a cold sore or fever blister leading to more serious complications.
 - You need to apply the numbing medicine given to you 20 minutes prior to your appointment. This topical numbing cream is applied to ensure optimal comfort during your procedure.

- What to Expect After MicroLaser Peel:
 - Intense burning, redness, warmth and a sunburned sensation are normal responses following Profrational resurfacing. The discomfort generally lasts 2-8 hours after the procedure. Cool compresses with a damp, soft cloth for 10-20 minutes at a time may help relieve the temporary discomfort. Tylenol can be taken as directed for pain.
 - Elta MD Laser Balm needs to be applied constantly during the next 3 days. It is important for the treated area to remain soft and pliable during healing. The skin should not be allowed to dry out.
 - Cleanse the skin twice a day with Elta MD Dermal Wound Skin Cleanser and use the lint free pads to gently wipe away excess balm. Immediately reapply Laser Balm.
 - Within 2-5 days the redness will have significantly improved. At this point, the laser balm can be discontinued.

- o The 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.** Let the peeling occur naturally over the course of 7-10 days. Use of CliniCalm 1% as needed will help soothe the itching sensation.
- o Once the Laser Balm is discontinued, the new, healing skin needs to be properly cared for.
 - For one week, cleanse the skin with a gentle cleanser (Elta MD Foaming Face Wash recommended).
 - After cleansing the skin, apply CliniCalm 1% and then the moisturizer.
 - In addition to the moisturizer during the day, apply Elta MD Elements SPF 44 tinted sun screen.
 - Be sure to reapply sunscreen every 2 hours. A make-up setting spray with SPF is recommended.
- o Aerobic exercise, saunas and hot tubs should be avoided for 3 days.
- o Avoid use of topical skin care products containing retin-A, retinol, glycol acid or salicylic acid for 1 week.
- o Make-up can be used once the redness has resolved & the laser balm is discontinued. Caution should be used when applying and removing makeup. The treated area may be delicate and should be treated with care.
- o **PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENT.** A total sunblock containing zinc oxide or titanium dioxide should be applied daily if you are in the sun. If further treatments are needed, a commitment to stay out of the sun is necessary. Sun exposure may cause certain complications such as permanent skin discoloration.
- o MicroLaser Peel may require multiple treatments to achieve the desired results. Your treatment stimulates collagen remodeling in the skin that occurs over a 3-6 months time period.

SUMMARY OF PRODUCTS NEEDED (Found in your Laser Resurfacing Kit)

Elta MD Laser Balm	\$25.74
Dermal Wound Cleanser	\$21.50
Foaming Face Wash	\$26.28
CliniCalm 1%	\$50.41
Moisturizer	\$12.33
Elements SPF 44 Tinted Sunscreen	\$35.39

Total: \$171.65

Bundle and Save: Purchase all products recommended and receive 10% discount