

Profractional/MicroLaserPeel® (MLP®)

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

*** Bring your Alastin skincare products on the day of the procedure ***

- How to prepare for your treatment:
 - o 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.
 - o Do not use any self-tanning lotions or spray tanning in the month prior to treatment.
 - o Stop using Retin-A for one week prior to treatment.
 - o Start using Alastin Regenerating Skin Nectar for two weeks prior to treatment.
 - o You may need to use Hydroquinone Cream 4% for 4 weeks prior to a treatment to reduce the possibility of complications.
 - o 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.
 - o A numbing medicine will be applied in the office just prior to your appointment.
- What to expect after treatment:
 - o Intense burning, redness, warmth and a sunburned sensation are normal responses following the laser treatment. The discomfort generally lasts 2-8 hours after the procedure. Ice packs may help relieve the temporary discomfort. Tylenol can be taken as directed for pain.
 - o Begin the Alastin products the day of the procedure, as often as needed to not let the treated area dry out, as well as to promote comfort. Use the vinegar wash, followed by a thin layer of Regenerating Skin Nectar and a thin layer of Soothe and Protect.
 - The vinegar wash will promote comfort. Mix 1 tbsp distilled white vinegar with 1 quart chilled water. Soak a soft cotton wash cloth or gauze 4x4 and press gently against skin. Immediately reapply Skin Nectar and Laser Balm.

- o Within 2-7 days the redness will have significantly improved. At this point, the vinegar wash and Soothe and Protect Balm can be discontinued. Continue to apply the Skin Nectar twice a day (or more often as desired) for one week to promote healing.
- o The skin will feel tight and may be itchy. Peeling or flaking may 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.
- o Once the vinegar wash and balm are discontinued, the new, healing skin needs to be properly cared for.
 - For one week, cleanse the skin with a gentle cleanser.
 - After cleansing the skin, apply Regenerating Skin Nectar.
 - In addition to Skin Nectar during the day, apply a good quality sunscreen.
 - We recommend Elta MD sunscreen
 - Be sure to reapply sunscreen every 2 hours.
- 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 vinegar wash and balm are 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 ProFractional resurfacing typically requires multiple treatments to achieve the desired results. ProFractional stimulates collagen remodeling in the skin that occurs over a 3-6 months time period.

SUMMARY OF PRODUCTS NEEDED **taxes not included*

Alastin Regenerating Skin Nectar	\$195.00
Alastin Sooth and Protect Balm	\$40.00
Elta MD Sunscreen	~\$30.00