



## Pre & Post Treatment Instructions

### NanoLaserPeel™ (NLP™) or MicroLaserPeel™ (MLP™)

#### Pre Treatment Instructions:

- It is recommended that all patients who have a history of cold sores take an oral antiviral agent to prevent any cold sore virus getting into the treated areas. Valtrex 500 mg twice a day to start 1 day before treatment and continue on for 5 days post treatment (7 days total).
- Please discontinue any products containing active ingredients 7 days prior to treatment, such as: Retinol (Retin-A, Tretinoin, Vitamin A), Glycolic Acid, Salicylic Acid, AHAs (Alpha-hydroxy acids), LHAs (Lipo hydroxy acids), hydroquinone and Benzoyl Peroxide. If you have any questions about your current skin care products, please call our office 403-571-3141.
- Please show up to your treatment appointment with no makeup on.
- Avoid sun exposure (including tanning beds) for at least 14 days prior to treatment. Avoid sunless tanning creams or sprays on the treated area for 14 days prior.
- Do not wax or use depilatory creams on the treatment areas for 14 days prior to treatment.
- Avoid Aspirin, Motrin, Ibuprofen, Fish Oils, Vitamin E, and other blood thinners 5-7 days before your treatment. If you are on a prescribed blood thinner, please contact our office at 403-571-3141.
- Please bring a hat with you on your treatment day to protect your skin when you leave the office.

#### Post Treatment:

Patient response can vary after a NLP or MLP treatment. Erythema (redness) and possibly edema (swelling) are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase with the depth of your peel.

- After you have your treatment you will leave the office with a thick layer of Aquaphor (a petroleum based ointment) on your skin. You will be provided with a tube of this to take home. You will also be provided with a Bio Cellulose mask which you may use if your face feels very hot and uncomfortable. Wait until your Aquaphor is absorbed before using the mask. This mask provides short term cooling and comfort. After the mask you can apply more Aquaphor onto your skin. **Please ensure your skin does not dry out (i.e. always ensure a good layer of Aquaphor is on the skin for as long as your provider has advised).**
- Redness normally persists for 24 hours – 5 days depending upon the depth of the peel. In some cases, there can be pinpoint bleeding in some areas. This is normal and should subside within 1-2 hours of the procedure.
- Swelling is typically a short-term response. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment.
- If an antiviral was prescribed for you, continue to take as directed.
- Post treatment discomfort may be relieved by oral pain relievers; i.e. Extra Strength Tylenol.
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- After skin is healed, your skin will continue to build new collagen for up to 2-3 months. It is important to be on a skin care regime to maintain healthy skin and optimal results. Your treatment provider will discuss this with you.
- Continue to avoid skin irritants (ie. Retinol, Retin-A, Tretinoin, Vitamin A, Glycolic Acid, Salicylic Acid, AHAs, LHAs, and Benzoyl Peroxide) until advised by your treatment provider.

**Post Care:**

- Step 1. Cleanse the skin twice a day with plain, lukewarm water and a gentle cleanser; (i.e. Cetaphil) beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. Be careful not to rub the treated area.
- Step 2: Begin Surfatorl soaks (10 powder packets individually wrapped). Use 1 pack per day for 7-10 days mixed in 12oz of water. Dip gauze pads and apply every 2-3hrs post procedure while awake. Press firmly on the skin for 2 minutes.
- Step 3. Apply 4-6 drops of CE Ferulic Serum by SkinCeuticals to the treated area – this will burn/sting but is safe to use (only do this step once in the morning, then skip this step during the rest of the applications throughout the day). CE Ferulic after laser treatment is very well tolerated and will enhance your results. Not only will it help with some swelling, it also decreases redness and downtime.
- Step 4. Apply a THIN layer of Pomatrol. Use Pomatrol only for the days advised by your treatment provider (1-4 days), this will depend on how deep your peel was. Do not apply too thick of a layer or it could cause pre-mature peeling or post procedure acne.
- Step 5. Once the Pomatrol has absorbed into the skin between the Surfatorl washes you will apply the Aquaphor provided to keep resurfaced areas moist. Aquaphor is an occlusive barrier that is needed to hold moisture into the skin and provide protection from pollutants in the air as the skin heals. As a rule of thumb, aquaphore is needed 1 day per 10 microns of skin treated or once skin has re-epithelized. For example: a 20 micron MLP = 2 days of wearing the occlusive barrier. Reapply the occlusive barrier as needed. **Do not allow the treated area to dry out.** Your treatment provider will advise you how many days to use the Aquaphor and Pomatrol.
- Once you discontinue Aquaphor and Pomatrol, you can now apply a thick layer of Revitatorl immediately after each Surfatorl solution application. You can be very generous with this application. Use Revitatorl for the next 2-3 weeks.
- Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS. THIS COULD RESULT IN SCARRING AND INFECTION!** Gently washing the skin more frequently will help to promote the peeling process.
- Once skin has healed (no longer wearing aquaphore) you may begin to wear makeup. At this time you will also begin to use sunscreen. Vigilant daily SPF use is a **MUST** for up to 3 months post procedure. Use recommended mineral sunscreen with broadband protection (UVA and UVB) and an SPF of at least 30. Do not use a chemical sunscreen. The sunscreen provided in your post treatment kit is ideal and what we recommend for daily use. Apply 20 minutes before sun exposure and reapply every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. If treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation or hypo-pigmentation can / will occur. Sun exposure should be avoided for 2 months post treatment.
- When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated area.
- Avoid strenuous exercise and sweating until after skin has healed.
- Ensure your hair is kept back and out of your face at all times during the healing process.

**Warning**

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater

Patient's Name (Printed): \_\_\_\_\_  
Signature: \_\_\_\_\_  
Date: \_\_\_\_\_  
Witness: \_\_\_\_\_