

MicroLaserPeel and Profractional Pre/Post Treatment Instructions

1. Avoid aspirin, motrin (ibuprophen), vitamin E, alcohol or any agent that would potentiate bleeding/bruising for 5-7 days prior to you treatment. Please notify us if you are on any prescription blood thinners and stop them for 5-7 days prior to treatment if this is allowed by the prescribing physician. Even following these steps does not prevent all bleeding/bruising.
2. Caffeine will sensitize pain receptors and is best avoided the morning of the procedure. Take Tylenol the morning of the procedure or ask for a prescription pain killer if preferred but you must arrange to be driven to and from the procedure in that case. A topical anesthetic will be used and cold air is applied during the treatment to improve comfort. Injections of anesthetics may be employed as well as our goal is to keep patients as comfortable as possible.
3. Please reschedule if you have a rash or infection at or near the treatment site.
4. To prevent a herpes infection, take over the counter L-Lysine 1000mg by mouth 1-3 x daily starting the day prior to the procedure and continue until the wound is healed. If you get a cold sore anyway or see a white film or blisters at the treatment site, contact us immediately. These steps are recommended even if you have no history of cold sores.
5. Your treatment is customized to suit your recovery time needs as best as possible. Less aggressive treatments will generally require 2-5 days healing and more aggressive treatments, around 1-3 weeks. If your desired recovery time changes, discuss this with us prior to treatment. Please plan your treatment dates carefully and realize that the above time frames are estimates.
6. Immediately after MLP and/or Profractional treatments, the skin is bright red and feels tight like a sunburn. Keep occlusive ointments like aquaphor or Lycogel makeup (available from our office, see 12) on your skin applying 2-3 times a day until this feeling resolves (4 days for Profractional, variable for MLP) and the wound is healed. After that, regular makeup and products can be used (see 10 and 11).
7. Do not use hot water or rub at the treated area until it is healed. When you are comfortable to do so, water can be splashed to the area, gently patted/wiped.
8. Some treated areas may swell, especially around the eyes/mouth. Keep head elevated and face up when sleeping for the first 2 nights or while swollen. Use cold packs or cold rags as needed.
9. A pattern on the skin is noted for the first few days after treatment. Especially with Profractional, pinpoint bleeding is seen in this pattern. Bleeding should resolve by the morning after, but you may see specks of dried blood on the treated area. Use old sheets or towels over your bedding to avoid stains.
10. Avoid tretinoin or retin A products for one week after the wound is healed.
11. Use hydroquinone or a prescribed lightening cream 1-2 times a day for 4-6 weeks prior to treatment and as soon as the wound is healed if you have melasma, hyperpigmentation or skin type IV or higher (Hispanic, Asian, African American or moderate to dark complexion).
12. Lycogel makeup SPF30 speeds healing. You must use some type of sunscreen/block daily and reapply when outside. Risk of scarring, hyper or hypopigmentation increases with sun exposure.
13. The skin will often flake/peel 2-3 days after treatment and this may persist up to a week or so. Do not rub or scratch at the flakes. Redness will improve daily but may persist up to 3 weeks.