



## Micro Laser Peel (MLP): Pre and Post Treatment Instructions

### Pre Treatment

- ABSOLUTELY avoid any sun for 4 weeks prior to laser treatments. Treatment of tanned skin may increase the risk of blistering and/or permanent skin discoloration.
- Do not use any self-tanning lotions in the month prior to treatment.
- Discontinue use of Retin-A, Renova, or other products with retinoids for a week prior.
- Please inform us if you have any history of "herpes", "cold sores", or "fever blisters". In such instances, we recommend taking Valtrex 500mg, 1 tablet twice a day for 5 days starting on the day before the laser treatment to avoid any complications.
- You will need to use Aquaphor or Vaseline or Egyptian Magic for 3 days following the procedure. Prior to your appointment, please make sure to purchase a large tube or jar.

### Post Treatment

- Intense burning, redness, warmth, and a sunburned sensation are normal responses following a Micro Laser Peel. The discomfort and redness generally last 2-8 hours after the procedure.
- A cool compress may be used for 10-20 minutes at a time to help relieve the temporary discomfort. Ibuprofen, Advil, Aleve, Motrin, or Tylenol can be taken as directed for pain.
- Aquaphor or Vaseline should be applied 2-4 times daily during the first 3 days. It is important for the treated area to remain soft and pliable during healing.
- Within 48 hours the redness will have significantly improved. The day after the procedure, your 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 and flaking occur naturally over the course of 7-10 days.
- Quick cool to warm showers are recommended for the first 3 days. Use a mild cleanser such as CeraVe or Cetaphil and then reapply the Aquaphor ointment.
- Aerobic exercise, saunas, and hot tubs should be avoided for 3 days.
- Avoid use of topical skin care products containing retin-A, retinol, glycolic acid, or salicylic acid for 1 week.
- Some patients will wake up with facial swelling, particularly around the eyes. This is normal and usually resolves within 3-5 days.
- PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENT. A total sunblock containing zinc oxide/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 as sun exposure may cause certain complications such as permanent skin discoloration.

- For patients who have a history of frequent cold sores, you should be taking an antiviral medication such as Valtrex or Famvir for 5 days after the laser peel.

## Pain Relief

It is not uncommon to experience a sunburned sensation and redness following a MLP. The sensation and redness generally lasts 2-8 hours after procedure. A damp, soft cloth may be used for 10-20 minutes at a time for relief of temporary discomfort. A handheld fan may also be used. Advil/Tylenol can be taken as directed.

## Skin Hydration

We recommend using Egyption Magic or CU3 Post Laser Lotion for the next 3 days to keep the skin from drying out during the healing process. Alternatively, you may use Aquaphor or Vaseline.

## Things To Avoid

- 24-48 hours after the procedure, your skin may feel tight and itchy and you may also experience peeling or flaking. AVOID PICKING OR SCRUBBING THE SKIN. Allow the skin to flake naturally over the course of the next 7 days. You may use hydrocortisone to soothe itching,
- Avoid exercise, saunas, hot tubs for the next 3 days
- Avoid Topical RetinA, retinol, glyco/salicylic acid for 1 week
- Avoid prolonged sun exposure for 4 weeks after the peel and please apply sunscreen daily.

## Make-Up

Makeup may be used on Day 3 AFTER the procedure. Caution should be used when applying and removing as the face will still be delicate.

If you have any questions or experience any side effects, please contact our office immediately. Text us at 202.333.4445 and email us at [info@helaspa.com](mailto:info@helaspa.com).