



Pre and Post Treatment Instructions

NanoPeel®

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

- How to Prepare for your NanoPeel 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 UV 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 retinol and benzoyl peroxide products for one week prior to treatment.
 - o Numbing medicine will be applied 30 minutes prior to your appointment. This topical numbing cream is applied to ensure optimal comfort during your procedure and will last approximately 2-3 hrs.
 - o Discuss skincare routine with provider prior to treatment.
- What to Expect After your NanoPeel:
 - o You will leave with a light pink glow for the next 24 - 48 hours and are able to resume normal activity the same day.
 - o Noon OMG or SOS needs to be applied constantly during the next 24 - 48 hours. It is important for the treated area to remain soft and pliable during healing. The skin should not be allowed to dry out.
 - o Cleanse the skin twice a day with a gentle cleanser. Immediately reapply post procedure product.
 - 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 a few days.
 - o Once the peeling has stopped, the new, healing skin needs to be properly cared for.
 - o Cleanse the skin with a gentle cleanser AM and PM.
 - o Sunscreen (minimum SPF 30) should be used daily. We offer safe, post-laser sunscreen. Ask the staff!
 - o Avoid use of topical skin care products containing retinol, benzoyl peroxide, glycol acid or salicylic acid for 1 week.
 - o Make-up can be used once the redness has resolved & the OMG/SOS is discontinued.
 - o PROLONGED SUN/ UV 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 as well as reapplied every 2 hours. 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.

I have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.

Patient Signature

Witness Signature

Date

SUMMARY OF PRODUCTS NEEDED

**taxes not included*

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Noon OMG	\$128.00
Elta MD Sunscreen	\$30.00

revised 10/10/2022