



## Pre and Post Treatment Instructions (Heavy)

### Profractional/MicroLaserPeel® (MLP®)

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

#### **\* Bring your Alastin Nectar and Sooth + Protect products on the day of the procedure \***

- How to prepare for your treatment:
  - 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.
  - Do not use any self-tanning lotions or spray tanning in the month prior to treatment.
  - Stop using Retin-A or Retinol containing products for one week prior to treatment.
  - It is imperative your skin is PRECONDITIONED prior to treatment. Begin Restorative Skin Complex 4 wks prior to treatment if not already using approved medical grade skincare products.
  - You may need to use Hydroquinone Cream 4% and/or Retinol for 4-6 weeks prior to a treatment to reduce the possibility of complications.
  - *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.*
  - A numbing medicine will be applied in the office just prior to your appointment.
- Items you may need from the grocery store/Amazon:
  - ▶ Distilled White Vinegar
  - ▶ 4x4 gauze
  - ▶ Antihistamine (e.g. Benadryl) if desired to help with itching after procedure
- Additional items you may need:
  - ▶ Alastin Regenerating Skin Nectar
  - ▶ Alastin Soothe and Protect Recovery Balm
  - ▶ Alastin Restorative Skin Complex
  - ▶ Noon Aesthetics Lacto-10
  - ▶ Gentle Face Wash (Noon C-Cleanser Foam, Alastin Gentle Cleanser)
  - ▶ Mineral-based sunblock, SPF 30 or higher (ex. Elta MD, Alumier or Alastin)
  - ▶ Mineral-based make-ups ideal for resurfaced skin (ex. Jane Iredale)
- Make sure your recovery area at home has clean linen, has been vacuumed, and is not in direct sunlight.
- Wash your hair the night prior to your procedure.
- Have vinegar, and ice water ready for cool compresses as soon as you get home.
- Arrange for time off from work and social downtime if needed.
- What to expect after treatment:
  - 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 Skin Nectar or Alastin Sooth + Protect Balm 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 Alastin products.
  - ◆ The vinegar soak/wash will promote comfort. Mix 1 tbsp distilled white vinegar with 1 quart chilled water. Soak a soft cotton wash cloth or 4x4 gauze and press gently against skin, which will help loosen and prevent debris accumulation. Immediately reapply Alastin Skin Nectar followed by Soothe and Protect balm.
  - ◆ Vinegar soak should be done three times per day at minimum.
- 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.
- 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. The skin may appear blotchy with a square pattern, this is normal. Let the peeling occur naturally over the course of 7-10 days.
- o Once the vinegar wash and Soothe + Protect are discontinued, the new, healing skin needs to be properly cared for.
  - ◆ Cleanse the skin with a gentle cleanser twice per day AM & PM.
  - ◆ After cleansing the skin, apply Alastin Regenerating Skin Nectar and Restorative Skin Complex every AM and Alastin Regenerating Skin Nectar and Noon Lacto-10 every PM.
  - ◆ In addition during the day, apply a good quality sunscreen. We recommend Elta MD sunscreen and be sure to reapply sunscreen every 2 hours.
- o Aerobic exercise, saunas and hot tubs should be avoided for 72 hrs.
- o Avoid use of topical skin care products containing Retin-A, retinol, glycol acid, benzoyl peroxide or salicylic acid for 1 week.
- o Make-up can be used once the redness has resolved & the vinegar wash is 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/ 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. 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.**

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**Patient Signature**

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**Witness Signature**

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**Date**