



PRE- AND POST- INSTRUCTIONS FOR MICROLASER PEEL

Micro Laser Peel can frequently be provided as a non-invasive alternative to the The Sciton MicroLaserPeel™ is ideal for patients with little downtime to spare. This peel removes fine lines and wrinkles plus leaves fresh youthful skin in its wake. Known as the weekend procedure with immediate, lasting results, this Erbium Yag laser is one of the foremost precision lasers available today. The precision inherent in this Sciton head reduces any discomfort for perfect coverage and uniform ablation that was not possible with other laser systems.

This refined erbium laser allows for an almost infinite choice in how gentle or aggressive you laser peel will be. Each level provides a different end result, adjustable to fit the lifestyle needs and end desires of the patient. The Sciton Erbium Laser System allows for treatment depths as minimal as 4 microns (similar to a glycolic acid peel) up to 120 microns (full resurfacing effect.)

What is the MicroLaserPeel™?

It is a minimal to full epidermal laser peel that precisely removes the outermost layers of the skin. The procedure is individually tailored to your needs. MLP is effective:

- wrinkles
- scars
- keratoses (pre-cancerous lesions)
- pigmentation problems
- overall sun damage

How does it work?

When the skin is treated with the Sciton Erbium laser, a clean, layer-by-layer vaporization of the skin occurs. The undesired skin literally evaporates due to the high water content of the epidermis. The laser is, therefore, best-suited for those skin conditions which are superficial in nature, such as fine lines and wrinkles, blotchiness (or dark and light patches), keratoses (pre-cancers), scaling, acne scarring, etc. The skin in these conditions is resurfaced or “rejuvenated” by the vaporizing action of the laser.

The procedure is quick and virtually pain-free. The initial healing process takes place over 2-7 days depending on the depth of the peel. The result is younger looking “new” skin. Because the Sciton Erbium laser is so precise, the risk of scarring or other complications (such as infection) is minimized. Also, it is typical for a patient to return to his or her regular work or social activities quickly.

Who should consider a MicroLaserPeel™?

The patient looking for better results than microdermabrasion or light chemical peels can offer, yet, still has little time for the healing process.

How often does a MicroLaserPeel™ need to be done?

Typically, the procedure is repeated 2-4 times, spaced 6-8 weeks apart, but many peels may be done to achieve the desired result.

One procedure could be sufficient for at least 6 to 12 months, but additional procedures can be performed as required. A package of three to four treatments may be best for you. This will be discussed during your consultation.

What can I expect from the treatment?



Smoother, healthier more vibrant skin. You will notice a significant and immediate change in skin texture and tightness.

What type anesthesia is used?

A topical anesthetic, if necessary, is applied thirty to 45 minutes before the procedure.

Do I have to wear any type of dressing or bandage after the procedure?

No. Dressings and bandages are not needed. A Micro Laser Peel requires nothing more than a protective ointment such as Aquaphor or Vaseline. This is used as a barrier to keep the air away from your skin while you grow new skin. You will probably use it for one to two days. After that, a moisturizer can be used.

How long is the healing process?

The healing process normally takes two to four days.

What will my treatment consist of?

Getting Started

Our provider in a consultation determines an microlaser peel treatment plan for each new patient, accounting for the desired outcome and time available for healing. We will discuss pre op precautions, such as stopping retinoids and acid treatments 3 days prior and taking Valtrex if you have a history of fever blisters or cold sores.

What to Expect

The procedure is gentle, non-invasive, and safe. There should be minimal or no discomfort, however this varies from patient to patient and depends on the depth of the treatment. An anesthetic cream applied 45 minutes prior to your treatment, may be used if so desired to minimize any treatment associated discomfort. Your physician will recommend the best options during consultation. The treatment involves precise removal of the epidermis at a depth predetermined by your physician. Pinpoint bleeding may occur with deeper depths. Patients often describe a slight stinging sensation, like the snapping of a rubber band, in the treated areas. Most individuals find this to be very tolerable. Your procedure may take a few minutes to half an hour depending on the size of the area to be treated and the type of the procedure performed.

Pre Treatment:

- It is recommended that all patients having resurfacing treatments done around the mouth have 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) and Benzoyl Peroxide. Avoid hydroquinone for 3 days before your treatment. If you have any questions about your current skin care products, please call our office 312-638-4979



- 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 312-638-4979
- Please bring a wide brimmed hat with you on your treatment day to protect your skin when you leave the office.

What to expect after treatment:

- Intense burning, redness, warmth, and a sunburned sensation are normal responses following a MicroLaser Peel™. The discomfort and redness generally last 2-8 hours after the procedure. Cool compresses with a damp, soft cloth for 10-20 minutes at a time may 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. The skin should not be allowed to dry out. Within 24-48 hours the redness will have significantly improved if not completely gone away. 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.

What to do:

- Quick cool to warm showers is recommended for the first 3 days.
- Use a mild cleanser such as Cetaphil then reapply the Aquaphor ointment.

What NOT to do:

- Aerobic exercise, saunas, and hot tubs should be avoided for 3 days.
- Avoid use of topical skin care products containing Retina-A, retinol, glycolic acid, or salicylic acid for 1 week.
- Makeup can be used on the third day after the procedure. Caution should be used when applying and removing makeup. The treated area may be delicate and should be treated with care.
- Some patients will wake up with facial swelling, particularly around the eyes for several days following the treatment. This is normal and usually resolves within 3-5 days. You may choose to sleep upright the first night after the procedure to avoid swelling of facial tissues. **9. PROLONGED SUN 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.



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- Please contact us immediately if you develop a cold sore. For patients who have a history of frequent cold sores, you should be taking an anti-viral 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 Aquaphor or Vaseline for the next 3 days to keep the skin from drying out during the healing process.

If you have any questions or concerns, please contact us at 312-638-4979