



Post Treatment Instructions

MicroLaserPeel® (MLP®)

Patient response can vary after a MLP treatment. Erythema (redness) and possibly edema (swelling) are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing times increases with the depth of your peel.

- Redness normally persists for 24 hours – 5 days depending upon the depth of the peel.
- Swelling is typically a short-term response. Use of a cold compress or ice packs helps relieve swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment.
- If an antiviral was prescribed for you, continue to take as directed.
- Post treatment discomfort may be relieved by oral pain relievers (i.e.- Extra Strength Tylenol).
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser (i.e. Cetaphil or Purity) beginning the morning after treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. Be careful not to rub the treated area.
- After cleansing your face, reapply the occlusive barrier, (i.e. Aquaphor) taking care to cover all treated areas. The occlusive barrier is needed to provide a protective shield that holds moisture into the skin and provides protection to the skin from pollutants in the air as it heals.
- As a **rule of thumb, the occlusive barrier is needed 1 day per 10 microns of skin depth treated** or once skin has re-epithelialized. For example: a 20 micron MLP = 2 days of wearing the occlusive barrier. Reapply the occlusive barrier as needed. **Do not allow the treated area to dry out.**
- Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS. THIS COULD RESULT IN SCARRING AND INFECTION!** Gently wash your skin more frequently to promote the peeling process.
- When showering, wash your hair behind you to avoid getting shampoo directly on the treated area.
- Avoid strenuous exercise and sweating until after skin has healed.
- Once skin has healed (no longer wearing the occlusive barrier) you may begin to wear makeup. If you are able to wear makeup, a sunblock should be worn on a daily basis to help prevent any hyperpigmentation issues that could be caused by direct and indirect sunlight.
- Avoid direct sunlight for up to 2 months post treatment.

Warning:

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should **contact the office immediately**. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater

Patient signature _____

Date _____ Patient ID# _____ Witness _____