

PURE's Pre & Post MicroLaser Peel and/or Pro-Fractional XC Treatment Instructions

Pre-Treatment Instructions:

- **Do** shower and wash hair before procedure if desired
- **Stop** using products with Retin-A, Retinol, Glycolic acid, or Salicylic acid as well as scrubs or harsh cleansers at least 1-2 days before treatment
- **Do** get all shopping or errands taken care of before procedure if possible (you won't feel like doing these after). **Make sure you have Aquaphor and a gentle cleanser like Cetaphil at home for post-treatment use.**
- **Do** inform practitioner of all medicines (prescription or over-the-counter) that you are taking before procedure
- **Do** have pain relievers available (Tylenol, Ibuprofen, etc.)
- A hand-held fan is a nice comfort measure to have available
- No sun exposure to treatment area for 14 days prior to treatment without sunscreen protection of 30 SPF or higher
- If you are prone to cold sores please notify medical director at Ageless Beauty so that we may write a Valtrex prescription for you. Start taking Valtrex the day prior to your treatment.
- If you feel that you would require an anti-anxiety and/or pain killer prior to your treatment notify medical director at PURE so that we may write you a prescription and ensure you have a designated driver to and from your appointment.
- **Do** inform your friends and family that you will not look pretty for several days and to expect redness, mild swelling, and peeling

Post-Treatment Instructions:

Patient response can vary after a MLP treatment. Erythema (redness) and possibly edema (swelling) and pinpoint oozing are the desired responses within a few minutes after the completion of the procedure. The degree of redness, oozing and length of healing time will increase with the depth of your peel and percentage of your treatment.

- Redness normally persists for 24 hours – 5 days depending upon the depth of the treatment.
- Oozing may persist for 24 hours after the treatment.
- Swelling is typically a short-term response. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment.
- If an antiviral (Valtrex) was prescribed for you, continue to take as directed.
- While not commonly needed, 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. You may use any cold measures for comfort (air conditioner, ice packs, opening freezer door, stepping outside at night if chilly, etc.)
- **Do** wash hands before touching face especially after handling pets or infant diapers

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- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser; (i.e. Azulene Blue cleanser – provided to you or Cetaphil) beginning the evening of the treatment. Use your hands to gently apply the cleanser and water and gently blot off aquaphor with tissue or soft cloth, 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 barrier that will hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. As a rule of thumb, the occlusive barrier is needed 1 day per 10 microns of skin 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 usually every few hours for the first few days **Do not allow the treated area to dry out.**
- Apply the Bio-Kool (we provide to you) only if you need it, no more than 2 times per day. Apply the Bio-Kool after cleansing and before aquaphor.
- **Do** expect stinging for a few minutes when applying Bio-Kool, this will subside quickly
- Mild pinpoint bleeding can occur on some faces and is perfectly normal, you may gently blot these areas
- 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 washing the skin more frequently will help to promote the peeling process.
- Avoid direct sunlight for up to 2 months post treatment without the use of a sunscreen with SPF of 30 or higher
- Once skin has healed (no longer wearing the occlusive barrier) you may begin to wear makeup. If you are able to wear makeup, a sun block should be worn on a daily basis to help prevent any hyperpigmentation issues that could be caused by direct and indirect sunlight.
- When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated area.
- Avoid strenuous exercise and sweating until after skin has healed. **Do** apply make-up if desired only after a few days when face is not “raw” or as sensitive; mineral make-up is recommended.
- Both Micro Laser Peels and Pro-Fractional XC are usually performed in a series. Your next treatment will typically be in 6 weeks

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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

If you should have an afterhour's emergency, please contact Julie Acarregui @ 208-794-0169

I have read and received a copy of the Pre & Post Micro Laser Peel and/or Pro-Fractional XC Treatment Instructions.

Client Signature

DOB

Today's date

PURE Representative

Date