



PRE/POST CARE & HEALING INSTRUCTIONS FOR MICRO LASER PEEL AND PROFRACTIONAL

Pre-treatment:

- Start taking Valtrex 2 days prior to treatment and follow instructions on prescription. We call the prescription in about a week before your scheduled appointment.
- Eat a meal, bring a sun-hat, take all recommended vitamins and prescribed non-photosensitive medications.
- Shower the day of your treatment (making sure to clean your face and hair.)
- Hair should be pulled back and off the face. A head band can be very helpful to keep your hair off your face post procedure.
- Wear an old button-up shirt or another shirt that you are willing to sacrifice for the procedure.
- **Females**
 - Come in with your face bare (No make-up: mascara, lipstick, lotions, etc.)
 - No Jewelry (earrings, necklaces, and any other piercings must be removed from treated area)
- **Males**
 - Must shave area/s being treated the morning of the procedure.

Post-Treatment:

- Cleanse with cold water or a gentle cleanser (ex. Cetaphil). **BLOT/PAT DRY ONLY! NEVER RUB OR SCRUB THE TREATED AREA IN ANY WAY!** Allow the skin to defoliate with the gentle washing process naturally. Failure to do so or “picking” at your skin can cause permanent damage.
- **Vinegar Soak:**
 - Start the day after your treatment and do as many times as you want.
 - Use after washing the area to help as a natural astringent and defoliant accelerator. This also helps to kill bacteria on the skin. The soak ratio is 1 teaspoon vinegar to 1 cup water. Baking soda can be used as a substitute if vinegar is too irritating. Use for days 1-5.
- **For less chance of acne/milia appearing on the lasered areas; washing the area consistently 2-3 times daily and following the post-care instructions for 2-3 weeks is critical.**
- Apply EltaMD or Aquaphor to treated area. These work as a protective barrier and provide moisture occlusion for the skin. Use days 1-3. On day 4 switch to a non-occluding un-scented daily moisturizer.
- Use ice packs, soft gel face masks, or small bags of frozen peas on the treated area. Especially for the first 4 hours after the procedure and for the next 2 days as necessary.
- You may take Ibuprofen/Advil/Motrin for the pain and inflammation if desired.
- Hydrocortisone cream may be used under the EltaMD/Aquaphor but for no longer than 2 days.
- If itching occurs you can take Benadryl, Claritin or Allegra.
- Some patients have found that diaper cream can help calm irritated, inflamed or burning sensations.

Sun Sensitivity:

- **PLEASE NOTE: Your skin is 5 times more susceptible to the Sun's UV rays! Use no less than SPF 30 with zinc oxide, sunglasses, sun hat, etc. when outside AT ALL TIMES! Use sun protection days 1-25.**

Not following these MANDATORY instructions can negate your skin's healing process and the beneficial results of the laser!

What to expect after your procedure:

- Several hours of hot "sun burnt" feeling
- Swelling of the face and eyes
- Extreme redness
- Pin point bleeding and scabbing
- Weeping/Oozing
- Itching
- Acne/Milia breakouts
- Heat/sun sensitivity
- Blistering
- Nausea
- Extreme dryness

Frequently asked questions:

- **When can I wear make-up and resume my normal skin care routine?**
 - You can return to your normal routine on the 4th day, this includes makeup. With the exception of products with tretinoin (Retin-A) and alpha hydroxyl. You may begin using those products 21 days after your procedure.
- **When can I exercise?**
 - You can usually resume your exercise routine after the 3rd day.

Helpful Hints:

- Have a fan available to help cool the feeling of sunburn on the treated area.
- Sleep with your head/treated area slightly elevated for days 1-3.
- For the vinegar soak, we recommend an old 100% cotton t-shirt, torn into rags to be used for the soaking. Do not rub the soak into treated area. Let the mixture rest on the face/treated area for approximately 1 min and gently take the layered rags off.
- Make sure the rags you use for the soak were washed in a mild detergent with HOT water with no bleach.
- Using ice in the vinegar soak helps to dilute and gives your face a cooling relief.

For additional information during business hours please contact
Envy Skin Clinic at (952)983-4588

After hours: email us at info@envyskinclinic.com and a manager will contact you within 3 hours.