



Rejuvenation through art and science

Treatment Instructions **Microlaser Peel and Profractional**

Pre Treatment:

- We may recommend use of a 4% Hydroquinone for 3 weeks prior to treatment.
- For Profractional treatments, plan on going directly home after treatment. You may want to have someone drop you off/pick you up. You may have pinpoint bleeding on your face when you leave, so bring along a hat or scarf to cover with.
- If you have a history of herpes or cold sores, please let us know. We will prescribe you an appropriate medication.
- You will need to have a mild facial cleanser, sun block with SPF 30, and a good moisturizer. You may need a pain reliever such as ibuprofen or acetaminophen. An antibiotic ointment may also be needed.
- Occasional itching may occur. Take Benadryl as needed for itching.

Post Treatment Instructions

- 1) Redness normally persists for 24 hours to 3 days, depending on the depth of the treatment.
- 2) 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.
- 3) Post treatment discomfort may be relieved by oral pain relievers. (ibuprofen or acetaminophens)
- 4) 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 with the first 12 hours after the treatment.
- 5) **PER YOUR CLINICIAN:** Cleanse the skin using a mild cleanser twice a day starting the day after the treatment. Use your CLEAN 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.
- 6) After cleansing, apply a breathable moisturizer, taking care to cover all treated areas. It will be needed to provide a protective barrier that will hold moisture into the skin and provide protection from pollutants in the air as skin heals. Typically, it is only needed 24-48 hours. We recommend the Bio2 Protective Recovery Cream.
- 7) 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.
- 8) Do not allow shampoo to run into treated area while bathing or showering.
- 9) Avoid strenuous exercise and sweating until after skin has healed.
- 10) Avoid any acne regime or topical irritants such as Retin-A, glycolics, or salicylic acid until your skin is no longer peeling, flaking, or red.
- 11) If blisters form, use an antibiotic ointment twice per day.
- 12) It is very important to apply a quality SPF 30 sun block to the face daily after this treatment. Chemical free sunblock like zinc or titanium oxide are ideal. SkinCeuticals, Revision, or SkinMedica sunscreens can be purchased at our office.
- 13) You may begin to apply makeup as soon as you feel comfortable and once any crusting has peeled. Do not pick scabs. A sunscreen should be worn on a daily basis to help prevent any hyperpigmentation that could be caused by direct and indirect sunlight.
- 14) Hydroquinone should be used once instructed; usually around 2 weeks post treatment.

Post Treatment Instructions Exclusive to Profractional

Patient response can vary after a ProFractional 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 healing time will increase with the depth and percentage of your treatment.

- 1) Oozing may persist for 24 hours after the treatment.
- 2) Skin will feel tight.
- 3) Avoid sun exposure and the use of sunscreens until healing has occurred; about 1-3 days.
- 4) Profractional treatments are usually performed in a series. Your next treatment will typically be within 4-6 weeks.

Warning Signs

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. If you notice any tingling or lesions around the mouth or nose, call immediately. This may be a sign of a cold sore breakout and we will prescribe you an antiviral.

Signs of infection include:

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

Please call the office if you have any questions or concerns during your recovery period. **414-964-1111**

- Valtrex - 2 tabs morning of procedure; 2 tabs evening of procedure**
- Ibuprofen - 800mg 3times a day with food**
- Benadryl - 25mg every 6 hours**
- Vicodin - 1 tab every 4-6 hours as needed - Do not take any Tylenol with Vicodin.**
- Other - _____**

✓ Additional Instructions: _____

Please feel free to call your provider after hours with any questions or concerns at the numbers listed below:

Arleen More O'Ferrall, NP
Tricia Henry, BSN, RN

414-793-9487
262-825-6592