

## AFTERCARE – ProFractional MicroLaserPeel

Following your ProFractional and/or MicroLaserPeel treatment, you may cleanse the area twice daily with a gentle, hypoallergenic (moisturizing) cleanser such as Elta Foaming Cleanser or Cetaphil. Keep treated areas soft and pliable during healing. Apply Intense Moisturizer, Laser Balm or Aquaphor as advised by your provider, at least 2-4 times daily for the next several days until the skin has regrown. This usually takes 2-5 days depending on depth of your treatment. After these 2-5 days, you may switch to using Epidermal Repair, which is reparative treatment or use a gentle moisturizer such as Cetaphil. **DO NOT ALLOW TREATED AREAS TO BECOME DRY OR CRUSTY.**

During the healing process, **DO NOT PICK OR RUB TO REMOVE ANY DRY OR DEAD SKIN**, as this may delay healing and promote scarring. Tylenol or Ibuprofen (per package insert instructions) may be used as needed for discomfort or pain, if any. You may apply make-up when no oozing or crusting is present, the skin has regrown and most swelling has dissipated, usually 7-13 days.

- You can experience some pinpoint bleeding that may last up to a few hours, depending on the depth of your treatment. This will subside on it's own.
- Use cold compresses and ice packs (wrapped in a soft cloth), 5-15 minutes per hour, the first day or two if needed, to decrease any swelling and sensitivity.
- You may shower and wash your hair daily if desired, but avoid hot water and direct spray water on the treated area.
- For the first two nights, it's recommended that you sleep on your back with your head and shoulders elevated on a couple of pillows to decrease or prevent facial swelling. Some swelling is not unusual with this treatment. If it becomes excessive, please call our office.
- Avoid strenuous exercise for the next 7 days to avoid skin irritation.
- Avoid any sun exposure until the skin has regrown and you can apply sunscreen, about 7 days post treatment. For the best protection, follow the advice of Clinique Dallas and use the zinc oxide sunscreen that we will recommend just for you.
- Avoid any cosmetic facials for at least 2 weeks after your procedure.
- You may resume your skin care product regimen approximately 2 weeks after your procedure or when instructed to do so by your provider. This includes: Retin-A (Renova or tretinoin), Retinol, Differin, Tazorac/Avage (tazarotene), Alpha-hydroxy acids (glycolic acid), beta-hydroxy acids (salicylic acid), Benzoyl Peroxide topicals and any other similar or exfoliating products that may be drying or irritating.
- For the best possible outcome, follow post-procedure instructions carefully. If you haven't already been diligent about your skin care routine, now is the time to follow the advice of your skin care professional to protect and maintain the effects of your treatment.

### Post ProFractional / MicroLaserPeel Expectations:

- After treatment, redness, swelling and a sunburn sensation is usual for up to 12 hours or more.
- There may be some, minimal pinpoint bleeding with the ProFractional treatment.
- Some swelling can continue 1-4 days after treatment, depending on the depth of your procedure.
- Peeling and flaking usually occurs for up to several days or more. When a deeper treatment has been done, it's normal to have 2 short cycles of peeling.
- Possible complications are unusual and often unexpected, yet treatable and may include, but are not limited to: allergic reaction, infection, discoloration, hyperpigmentation (temporary darkening typically in darker skin types) hypopigmentation (a lightening of the skin in places) and rarely, scar formation.
- Please call our office if you experience any of these issues or if you have any questions or concerns. We would like to see you back at our office approximately 2 weeks after your procedure for a follow up.