Regency Medical Spa

MICRO LASER PEEL/PROFRACTIONAL
PRE-PROCEDURE INSTRUCTIONS

• DO NOT use moisturizers the night before and the day of your treatment.
• Avoid using irritating medications or cosmetics for one week prior to your treatment. Examples of these types of products include: Retin-A, Tazorac, Retinol, benzoyl peroxide, glycolic acids and astringents.
• Avoid direct sun exposure and use of tanning booths two weeks prior to your treatment. If you must be outdoors, use sun protection with a minimum SPF30. This will help prevent unwanted side effects of the laser treatment, such as discoloration of the skin in the treated area.
• Avoid the use of artificial tanning creams for one week prior to your treatment.
• It is best of you arrive with a clean, dry face for treatment. If this is not possible, we have supplies that you may use to cleanse your face prior to treatment.
• There are NO GUARANTEED RESULTS from this treatment and each case is individual.
• IF YOU ARE A SMOKER, AVOID SMOKING FOR AT LEAST ONE WEEK BEFORE THE PROCEDURE.

MICRO LASER PEEL/ PROFRACTIONAL
POST-PROCEDURE INSTRUCTIONS

- You may feel like you have a mild to moderate sunburn. Swelling can occur 1 to 2 days. This is normal. **Do not use icepacks on raw skin**. You may gain relief by applying cool compresses to the treated area(s).
- Keep the area clean, but wash gently. Avoid bathing or washing the area in very hot water. Use lukewarm water.
- You may try over the counter pain relievers, such as Tylenol or Advil, if necessary. If the stinging/burning does not subside within 4-6 hours, please call office during office hours.
- There are no restrictions to wearing makeup but it is suggested to wear GloMinerals makeup if you do choose to wear any.
- Avoid using irritating medications or cosmetics for two weeks post procedure. Examples of these types of products include: Retin-A, Tazorac, Retinol, benzol peroxide, glycolic acids and astringents.
- Mild flaking to moderate peeling of the surface layers of skin is expected within 24 hours post treatment. Some individuals only experience a very light flaking over the week following treatment. These are normal results.
- Scratching, picking, pulling at, or abrading the area after treatment can cause unwanted side effects, such as scarring or hyperpigmentation.
- ***SHAVE***: Only shave with an electric razor for the first week (and only if there is no oozing or bleeding). You may resume using blade razor only when the skin is no longer sensitive.
- Avoid direct sun exposure and use of tanning booths during this treatment time and for post 2 months. Use of sun protection with a minimum SPF 40 is required to prevent discoloration of the skin in the treated area. If discoloration does occur, please contact the office. A topical fade/bleach cream may be necessary.
- If you are a smoker, please try to stop smoking for one week during the healing process.
- There are NO GUARANTEED results from this treatment and each case is individual.
- If an anti-viral prescription was prescribed for you, continue to take as directed.

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 OUR OFFICE IMMEDIATELY. SIGNS OF INFECTION INCLUDE:

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

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