

LAKEWOOD RANCH

plastic surgery

ContourTRL™ NanoLaserPeel
MicroLaserPeel

After treatment instructions...

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

Avoid activities that cause excessive perspiration, swimming pools and spas with multiple chemicals and severe temperature changes, exfoliating, waxing, shaving, dermaplaning, and depilatory creams on the treated area for at least 1 month.

Redness can persist for two weeks or more, depending upon the depth of the peel.

Swelling is common and expected. Swelling may last a few days or more depending on the depth of the peel. The use of a cold compress 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. Swelling is more prevalent the first morning after treatment, especially under the eyes.

The treated area may be extremely warm for 12 to 24 hours after the treatment. You may use Evian Natural Mineral Water Facial Spray, a mini handheld fan, a cool compress, and extra strength Tylenol as needed for comfort during this time.

Itching may be experienced during the healing phase and is completely normal. Do not scratch the treated area, this can and will result in scarring and pigmentation complications. Keep the skin hydrated with aftercare products as instructed to help relieve itching.

If an antiviral was prescribed for you, continue to take it as directed.

Beginning the morning after treatment, cleanse the skin twice a day with lukewarm water and a gentle cleanser. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. Do not rub, scrub, or use an exfoliant on the treated area. Doing so can and will result in scarring and pigmentation complications.

After cleansing your face, apply an occlusive barrier such as 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 the skin has re-epithelized. For example, a 20 micron MLP = 2 days of wearing the occlusive barrier. Reapply the occlusive barrier as needed. Do not allow the treated area to dry out.

Peeling and flaking generally occur within 24 hours after treatment and should be allowed to come off naturally. Do not force off any skin during the healing process, this can and will result in scarring, pigmentation complications, and infection. Gently washing the skin more frequently will help to promote the peeling process.

Once the skin has healed (no longer wearing the occlusive barrier) you may return to a normal skincare routine and wear makeup. It is important to discuss a skincare regimen with your practitioner for optimal results. If you are able to wear makeup, a mineral sunblock should be worn daily and used vigilantly for up to 3 months after treatment. Mineral sunblock with broadband protection (UVA and UVB) and a sun protection factor (SPF) of 30+ is a must after treatment. Apply sunblock 15 to 20 minutes before sun exposure and reapply every 2 hours. It is generally safer to protect your skin with a mineral sunblock formula rather than a chemical sunscreen to prevent excessive heat to the treated area.

Sun exposure should be avoided for 2 months after treatment. If the treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation, or hypopigmentation can and will occur. If direct sun exposure is necessary, wear mineral sunblock, a wide-brimmed hat, and SPF protective clothing that covers the treated area.

When showering in the next few days, be sure to avoid getting shampoo directly on the treated area. You may consider taking your shower with the back of your head to the water to avoid directly hitting your face with the full force stream of the water.

If you have any of the following signs of infection, you should contact the office immediately. Signs of infection include purulent (pus) drainage, extreme warmth on or around the treated area, extreme swelling, extreme redness, extreme itching, and fever.

Please call our office with any questions or concerns.

941-500-3350