



South Beach Peel, NanoLaserPeel & MicroLaserPeel® Pre and Post Treatment Instructions

Thank you for choosing TLC Laser & Skincare for your Skin Rejuvenation Treatments. By carefully following these instructions you will help achieve the best results possible.

Pre-Treatment

- Refrain completely from unprotected sun exposure, use of tanning beds, or self-tanning creams in the areas to be treated, 4-6 weeks prior to treatment, and for the duration of 4 weeks after your treatment. Treatment of tanned skin can increase the risk of blistering and/or prolonged pigment changes that could last 6-12 months.
- If you have a history of cold sores or herpes in the area to be treated, you will need to take a prescribed antiviral medication to prevent an outbreak post treatment. An antiviral medication can be prescribed by our physician. Please notify our office immediately should you develop any outbreak or rash of any kind during treatment. Treatment will need to be postponed until it clears.
- No one who has taken Accutane within the past 6 months may have this procedure.
- Refrain from use of any topical creams, astringents, or irritants (Retin-A, glycolics, toners, AHA) in treatment area one week prior to and one week after treatment. Prescribed skincare program may be used before and after laser skin treatments encourage healing and enhance treatment results. You will need to purchase Vaseline to use post procedure.
- Topical anesthetic cream should be applied 1 hour prior to treatment, we can recommend an effective product for you to use.
- Avoid chemical peels, mechanical exfoliants (microdermabrasion, dermaplaning, and waxing) 2 weeks prior and after the treatment.
- Fillers and other injectables should not be done within two weeks of this treatment (before and after) in the treatment area.

Treatment Considerations

- The procedure necessitates a post treatment wound care regime that must be followed.
- Redness and exfoliation (flaking of skin) is associated with this procedure and may last from 2-5 days depending on the depth of the laser performed. There may also be initial weeping and crusting.

Post Treatment

- Intense burning, redness, warmth, and a sunburned sensation are normal responses following this treatment. The discomfort and redness generally last 2-8 hours after the procedure. Cool compresses with a damp, soft cloth for 10-20 minutes at a time may help relieve the temporary discomfort. Tylenol can be taken as directed for pain.
- Itching can occur as the old skin is shedding and the new skin is being formed. For itching you can mix-1 teaspoon white vinegar with 1 cup distilled water. Soak a washcloth and place on face for 2 minutes. Reapply Vaseline post soaking. Can repeat 4 times daily until itching resolves. Oral Benadryl can also be taken for itching. Please note Benadryl can cause drowsiness.
- Edema (swelling) may occur, especially around the eyes, and can be minimized by keeping upright. This is normal and usually resolves within 3-5 days.
- Vaseline should be applied 2-4 times daily during the first 3 days. It is important for the treated area to remain soft and pliable during healing. **The skin should not be allowed to dry out.**

- Within 48 hours the redness will have significantly improved but can last up to a week. The day after the procedure, your skin will feel tight and may be itchy. Peeling or flaking will start 1-3 days following your treatment. **NO MATTER HOW TEMPTING, DO NOT PICK OR SCRUB YOUR SKIN.** Let the peeling and flaking occur naturally over the course of 7-10 days.
- Quick cool to warm showers is recommended for the first 3 days. Make sure to wash hair behind you to avoid getting shampoo directly on treated area. Use a mild cleanser on the treated area and then reapply the Vaseline ointment.
- Aerobic exercise, swimming, saunas, and hot tubs should be avoided for 3 days.
- Avoid use of topical skin care products containing Retin-A, retinol, glycolic acid, or salicylic acid for 1 week post treatment.
- Once skin has healed (no longer wearing occlusive barrier) you can start wearing mineral makeup. Caution should be used when applying and removing makeup. The treated area may be delicate and should be treated with care. If you are able to wear makeup, a sunblock should be worn on a daily basis to help prevent any hyperpigmentation issues that could be caused by direct or indirect sunlight.
- **PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENT.** A SPF 30 to 50 containing zinc oxide or titanium dioxide should be applied daily. If further treatments are needed, a commitment to stay out of the sun is necessary. Sun exposure may cause certain complications such as permanent skin discoloration.
- PIH or post inflammatory hyperpigmentation(browning) and hypopigmentation(lightening) have been noted. These conditions usually resolve within 2-6 months. Permanent color change is rare.
- For optimum results it is imperative you keep all your appointments. The TLC Laser & Skincare treatment plan is customized to your condition and your treatment schedule has a direct effect on your results.

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 us immediately. Signs of infection include:

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

If any symptoms intensify, or if you have any questions or concerns after your treatment, please contact us at **262-569-7335** or after hour emergencies email at info@tlclaserandskincare.com