

MicroLaser Peel (MLP), ProFractional (PFX), and Resurfacing Treatment Instructions

The Scition Erbium laser is an “ablative” treatment which means portions of your skin will be vaporized and the resulting skin will be raw until healed. The target of the laser is water that resides in the deeper layers of your skin, so keeping skin well-hydrated hydrated and moisturized skin leading up to your procedure will provide superior results. There are a variety of treatment options available allowing the laser treatment to be individually tailored to an individual’s needs with respect to: skin type, degree of pre-existing damage, and available down-time. ProFractional treatments are a dot matrix type pattern that heals the most quickly. MicroLaser Peel is full field removal of skin, and Resurfacing is an even deeper version. A combination of these treatments is most commonly performed. The time to healing can only be estimated from patient to patient. Patients can expect an improvement with each treatment, but complete resolution of wrinkles is not a realistic expectation.

In the short-term redness, you should expect swelling, visible grid pattern, pain, and sensitivity. Long term there can be pigmentation problems (hyper or hypopigmentation), and potential scarring. For this reason we err on the side of safety, preferring a series of procedures.

PREPARING FOR YOUR LASER

- Begin prepping your skin with Hydroquinone 4% and Retin-A (tretinoin) for a minimum of one month prior to your procedure. A longer time is preferred for darker skin types. Hydroquinone (found in Obagi’s Blender and Clear) corrects pigmentation in the skin and reduces hyperpigmentation during the healing phase. Retin-A also reduces pigment, smooths the outer layers of the skin for an even treatment, and revs up your collagen production. Triluma which contains Hydroquinone, Retin-A, and a steroid can also be used. Alternatives are available if you cannot use these products. These products can dry your skin so be sure to use extra hydration, especially in the days prior to your procedure. For this same reason it recommended that you **stop using Hydroquinone and Retin-A 3 days before your procedure.**
- Avoid sun exposure for at least 2 weeks prior to your procedure.
- You may not use Accutane within 12 months of your procedure.
- Other medications to avoid the week prior are Tetracycline antibiotics and blood thinners such as Aspirin, Coumadin, and Xeralto.
- Antivirals (Valtrex or Acyclovir) are used around the time of the procedure to prevent Herpes or cold sore outbreaks. Patients who have a history of cold sores should start taking their medication 2 days prior to their procedure and everyone else should start one day prior. You should continue taking this medication until your skin is re-epithelialized or healed over. If you have an active cold sore your procedure needs to be rescheduled. If you feel you are getting a cold sore during the healing phase, please call the office.
- Your skin will be extremely sensitive to potential allergens (like perfumes and dyes) until it is healed over so we recommend washing the towels, pillow cases, headbands, and dedicated shirts in something

like Tide Free or Dreft. Running the load a second time without detergent or fabric softener is another great option.

THE DAY OF YOUR PROCEDURE (IN THE OPERATING ROOM)

- Shower in the morning and come in with clean skin (moisturizer and sunscreen is okay).
- Take your Valtrex the night prior, unless it is scheduled for later in the day where you can take in the morning with a small sip of water.
- Bring a soft headband to keep your hair off your face.
- Bring a dark colored towel so when you leave the hospital you can protect your clothes from the Aquaphor and blood.

THE DAY OF YOUR PROCEDURE (IN THE OFFICE)

- Shower in the morning and come in with clean skin.
- If you have signed your consent forms you can take 1 or 2 Valium and your Valtrex before coming into the office. Bring the remaining Valium and pain medications with you.
- Bring a soft headband to keep your hair off your face.
- Bring a dark colored towel and hat so when you leave the office you can protect your clothes from the Aquaphor and blood and your face from the sun.
- Arrange to have a ride home.

IMMEDIATELY FOLLOWING YOUR PROCEDURE

- Reapply the Aquaphor or other occlusive barrier around the clock taking care to cover all treated areas. This occlusive barrier is needed to provide a protective layer that will hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. Reapply the occlusive barrier as often as needed. **Do not allow the treated area to dry out.** Having a humidifier or cold air vaporizer at your bedside can provide additional moisture.
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser; (Cetaphil, Obagi Gentle Cleanser, Elta MD or plain Baby Shampoo) beginning the morning after the treatment. Use your 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. When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated area. Baby Shampoo can touch the lasered skin without concerns. Immediately reapply the Aquaphor after cleansing or showering.
- 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 within the first 12 hours after the treatment. You can do also continue vinegar soaks to help calm irritation. Put 1 tsp. of white vinegar into 2 cups water. Saturate a wash cloth and place on face. Repeat several times daily as desired. Store in refrigerator.
- For the PFX, oozing may persist for 24 hours after the treatment. For MicroLaserPeel and Resurfacing this may continue for a week. Bleeding, oozing, and an exudate generally begin 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. Some areas may heal much faster than others.

- Redness normally persists for days to months depending upon the depth of the treatment. Some areas may stay red longer (such as around the eyes). You can wear make-up when your skin has healed.
- Swelling is typically a completely normal 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 elevated position several nights after the treatment.
- Continue to take your antiviral (Valtrex) until all your skin has healed.
- Post treatment discomfort may be relieved by oral pain relievers; i.e. Extra Strength Tylenol or prescription pain medication.

LONGER TERM AFTER YOUR PROCEDURE

- You will be able to tell when your skin can tolerate a regular moisturizer (Medical Barrier Cream) and sunscreen (usually day 2-7 depending on procedure). After a shower your skin will appear red itching and a rash. If this occurs during the healing phase begin oral Benadryl and use topical Hydrocortisone cream every few hours. If this does not improve within 24 hours call the office.
- Avoid direct sunlight for up to 2 months post treatment. Sunscreen and physical barriers like a hat or umbrella are strongly encouraged. Sun exposure increases hyperpigmentation, and your skin is extremely sensitive to this following your procedure.
- Once skin has healed (no longer wearing the occlusive barrier) you may begin to wear makeup. 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 and indirect sunlight.
- Avoid strenuous exercise and sweating until after skin has healed.
- Best results are obtained when lighter treatments are performed as a series. The ProFractional treatment may be repeated at 4-6 weeks, the MicroLaserPeel & ProFractional combination should be scheduled around 6-8 weeks apart.

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- Starting 2-4 weeks after your skin is healed you may resume using your Hydroquinone (Blender or Clear). After another week or two you can slowly reintroduce your Retin A. The timing will be based on the aggressiveness of your treatment and the sensitivity of your skin.

RECOMMENDED SHOPPING LIST

- Aquaphor
- Hydrocortisone ointment or cream
- Benadryl
- Baby Shampoo/ Gentle cleanser
- Soft headband
- Gauze pads