

# Your NanoPeel or MicroLaser Peel Treatment

## What to Expect

- ✓ A NanoPeel or microlaser peel treatment addresses uneven texture, fine lines and wrinkles, poor skin tone, sagging skin, scars or keratosis.
- ✓ The depth of the treatment will be agreed upon between you and your provider. Usually this is dependent on the amount of downtime you have available. Based on the depth, you may require up to 4 treatments for best results.
- ✓ Treatment takes between 20 – 30 minutes.
- ✓ You should experience little to no pain due to shallow depth of treatment.
- ✓ To decrease discomfort during the treatment, you may want schedule time to apply topical numbing prior to the treatment.
- ✓ You may experience redness and mild swelling similar to a sunburn.
- ✓ Skin will be dehydrated, and some flaking or peeling may occur.
- ✓ Following your treatment, Aquaphor or Alastin Nectar will be applied to keep skin moist while the new skin grows.
- ✓ If you will be taking pain medication or a relaxant prior to the procedure, you must have a responsible adult to drive you to our office and back home.

## Before Your Procedure

- ✓ For a minimum of 2 weeks before your procedure
  - NO Smoking. Smoking increases the risk of poor wound healing and may delay your healing.
  - NO Nicotine products.
- ✓ For 10 days prior to your procedure
  - No sun exposure or sunburn.
  - No tanning, naturally or artificial
  - Take no aspirin or other blood-thinning medications, including ibuprofen.
- ✓ 1 day before your procedure
  - discontinue use of retinol, Retin-A, Glycolic or AlphaHydroxy Acid skin care products
  - If prescribed, start anti-viral medication.
- ✓ The day of your procedure
  - Wear comfortable clothing; no shirts that must be pulled over your head.
  - Remove your contact lenses.

## Inform your Provider

The following may affect when you may have your procedure or even if you will tolerate it.

- ✓ If you are taking any blood thinning medications.
- ✓ Medication allergies or any change in your medical status
- ✓ If you are pregnant, or suspect you may be pregnant, or if you are breastfeeding
- ✓ Cold Sores
- ✓ If you have used or are using Accutane

## Post-Treatment

- ✓ Apply sunscreen; make sure it is physical, not chemical.
- ✓ Do not pick or scratch treated area.
- ✓ Use hydrating, non-exfoliating skin care.
- ✓ Do not exercise vigorously for 48 hours.
- ✓ Avoid sun exposure for 7 days.
- ✓ Attend your post-treatment follow-up 1 to 2 weeks after your treatment.

## Notes or Questions

## Call us IMMEDIATELY

Contact our office immediately if any of the following occur.

- Excessive Swelling or Pain
- Increased warmth at or around the treated area beyond 48-hours post-treatment.
- Extreme Itching
- Reoccurrence of cold sores.

**(704) 997-6530**