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PROCEDURE INSTRUCTIONS

MICROLASER AND FRACTIONAL LASER PEEL

1. **Do not** go into direct sunlight without sunscreen (SPF 30 or higher) until redness has resolved. You must also use a physical block (hat, scarf, sunglasses, etc.).
2. **Do not** use Retin-A, Retinol, AHA 1-2 weeks following treatment.
3. **Do not** participate in any strenuous exercise the night of the treatment.
4. For the first 48 hours after treatment, keep area moisturized with **Aquaphor** or Elta. **Do not** let the area become dry or crusted.
5. **The day after your treatment** wash with a mild, gentle soap-free cleanser (***cetaphil cleanser***) then apply cetaphil cream or aquaphor. Re-apply moisturizer as necessary. **Do not** let the area become dry or crusted. Apply sunscreen on top of moisturizer.
6. Tightness or redness may occur. This is a normal appearance post treatment. Over the counter Hydrocortisone 1% cream may be used as directed for any mild discomfort.
7. If any unusual redness or swelling occurs, please call the office.
8. You may use ibuprofen or Tylenol for discomfort.
9. If you experience itching, you may take oral Benadryl.
10. You will receive a prescription for Valtrex (anti-viral). Take one tablet by mouth two times a day for 7 days. Begin medication the day of your procedure unless otherwise directed.

IN CASE OF EMERGENCY:

During regular office hours, please call (858) 278-8835 (Option 3)
After hours and on weekends, please call the doctor
or his physician assistant at (619) 318-0952.