

NORTH METRO DERMATOLOGY

PRE- AND POST- CARE INSTRUCTIONS: SCITON® MICRO LASER PEEL AND/OR PROFRACTIONAL

Patient response can vary. Redness, swelling, and sunburn-like discomfort typically occurs within a few minutes of laser application. The severity of redness and healing time will increase with the depth of your peel (just as with a sunburn).

Pre-Treatment Instructions

- Discontinue retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potential irritating ingredients 3 days before treatment.
- If instructed, follow specific skin prepping guidelines for indicated time frame to minimize risk of developing post-inflammatory hyperpigmentation.
- If instructed, take prescribed medication(s) to help prevent cold sores and/or infection.
- Do not use sunless tanning products 10 days before treatment.
- Tan skin cannot be treated. Direct sun exposure and tanning lights should be avoided two weeks before treatment. Always use a SPF 30+ sunscreen containing 5%+ zinc oxide (EltaMD or NMD Sunscreen preferred).

Post-Treatment Instructions

- Caution should be used when applying or removing makeup until treated area is well healed.
- Use cool water with a gentle cleanser (Skin Wise Organics Gentle Cream Cleanser) to wash treated area for at least three days or until treated area is well healed.
- Avoid retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potential irritating ingredients for at least one week or until treated area is well healed.
- Avoid sun exposure and tanning lights for at least two weeks while continuing with recommended sunscreen daily.
- Do not pick or scrub the treated area. Take special care to avoid manipulation of treated area to minimize risk for scarring and unwanted pigment changes.
- Avoid strenuous activity and exercise for three days.
- Avoid swimming, saunas, and steaming until treated area is well healed.
- Facial swelling can be minimized by sleeping in an upright position for the first couple of nights.
- It is important for the treated area to remain soft and pliable during healing with the use of a topical occlusive on the treated area (Skin Wise Organics Soothing Barrier Ointment).
- 1% hydrocortisone cream (available at drugstores) may be used temporarily to relieve itching.
- Skin Wise Organics Soothing Barrier Ointment may be used to provide comfort and promote healing.
- Cool compresses can be used after treatment to provide comfort and reduce swelling

PLEASE CONTACT OUR OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS.

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