

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

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* This product is classified as an eligible expense by most HSA, HRA, and FSA plans. Check with your plan's administrator to confirm qualifying expenses, as well as any supporting documents that may be needed to substantiate your claim.

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

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Rev. 1/22