

NORTH METRO DERMATOLOGY

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

Patient response can vary. Redness typically resolves within one week but can last longer depending on skin type, location, and treatment aggression. Swelling typically resolves within three days. A sunburn or stinging sensation typically resolves within one hour but may last several hours.

Pre-Treatment Instructions

- Discontinue retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potential irritating ingredients three days before treatment.
- Avoid cosmetic and dermatological treatments in treatment areas for two weeks 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.
- Avoid sunless tanning products for two weeks 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

- Avoid retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potential irritating ingredients until treated areas are healed.
- Use cool water with a gentle cleanser to cleanse treated areas until healed.
- Use an ointment to keep treated areas hydrated while healing (Skin Wise Organics Soothing Barrier Ointment preferred). In the rare case of blistering, ointment should also be used until healed.
- 1% hydrocortisone cream or ointment (available at drugstores) can be applied to reduce itching.
- Avoid direct sun exposure for at least two weeks or until treated areas are healed. Always use a SPF 30+ sunscreen containing 5%+ zinc oxide (EltaMD or NMD Sunscreen* preferred).
- Cool compresses can be used to reduce stinging and swelling.
- Facial swelling can be minimized by sleeping upright.
- Do not pick or scrub the treated area. Take special care to avoid manipulation of treated areas to minimize risk for scarring and discoloration.
- Avoid strenuous activity and exercise until healed.
- Avoid swimming, saunas, and steaming until healed.
- Avoid cosmetic and dermatological treatments until healed.

* 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.

400 Village Center Drive, Suite 200 ~ North Oaks, MN 55127 ~ 651-789-9800
northmetroderm.com