

MicroLaserPeel

MicroLaserPeel is a treatment that causes controlled micro-injuries to the skin, promoting neocollagenesis, which involves the deposition of collagen and elastin. This treatment targets the upper layers of the skin, providing a tightening effect that is particularly effective for dynamic lip lines and jowls. Typically, 1-2 treatments are recommended to achieve optimal results, which are usually seen 3-4 months after the last treatment due to the time required for cellular turnover. Both BBL and exosomes can be used post-treatment to expedite healing. Exosomes, derived from platelets, act as first responders to cellular injury, promoting additional collagen stimulation, while BBL helps resolve stubborn redness, which is normal and can last for a month or two.

PRE-MicroLaserPeel INSTRUCTIONS

TO BEST PREPARE FOR YOUR TREATMENT,
PLEASE DO THE FOLLOWING:

- 1. Discontinue topical retinoid therapy**, Accutane, Doxycycline, and blood-thinning medications one week prior to treatment.
- 2. Avoid prolonged sun exposure**, spray tans, or sunless tanner for two weeks prior to the procedure.
- 3. Notify your provider** if you regularly take blood thinners. It is recommended to avoid anticoagulants one week prior to the procedure if possible.
- 4. Notify your provider** if you have a history of cold sores (Herpes Simplex 1) to take prophylactic antiviral medication 2 days prior to the procedure and for 14 days post-procedure.
- 5. Arrive at your appointment** with clean skin.






MicroLaserPeel TREATMENT

WHAT TO EXPECT

- **Numbing:** Patients are topically numbed for 60 minutes prior to treatment, and nitrous oxide (Pronox) is available for added comfort if desired. Alternative pain management options, such as dental blocks and oral medications, can also be provided, but a driver must be present.
- **Post-Treatment Sensation:** During and immediately after treatment, you will experience a sunburn sensation that typically lasts 1-2 days. Medications can be taken as directed by your provider to manage discomfort.
- **Healing Process:** Days 1-7 require staying at home while the skin heals. The treated area should be cleansed every 2-3 hours for the first few days, then every 4-6 hours from day 4-7. Redness (erythema) can last for several months but can be concealed with tinted sunscreen and foundation after the initial recovery week. Moderate swelling (edema) and a moderate sunburn sensation are common post-treatment and may last 1-3 days. Oozing is expected on days 1-3, and itching (pruritis) may develop during the first week. Topical hydrocortisone may be provided to relieve itching. Keeping your skin clean during this period is crucial, as infections can occur if the recommended cleansing schedule is not followed.

POST-MicroLaserPeel INSTRUCTIONS

POST-MicroLaserPeel RECOMMENDATIONS INCLUDE:

-  **Topical Silver Gel:** Applied immediately post-treatment, this should be used in conjunction with a cleansing routine every 3 hours during days 1-3. Follow your provider's instructions on what to use. The sunburn sensation should dissipate within days 1-3; however, if you experience increased pain, elevated temperature, or pressure near the treated area, contact your provider immediately.
-  **Avoid Makeup/Exercise:** Do not wear makeup or exercise until day 3. Walking and light exercise are permitted from days 4-7.
-  **Gentle Skincare:** Use gentle skincare products such as a fragrance-free cleanser, moisturizer, sunscreen, and exosomes for the first 20 days. You may resume your regular skin care regimen afterward.
-  **Sun Protection:** Avoid excessive sun exposure and wear a hat when outside.
-  **Follow-Up Treatments:** Multiple treatments over the course of one year may be required to achieve the desired outcome. Collagen stimulation and cellular turnover begin around day 28 post-treatment, with many patients noticing increased results at this time. Longer-term improvements in skin integrity can be appreciated 3-4 months following the last treatment. Remember, redness is a normal sign of skin reconstruction and should be expected for several months after the procedure.

QUESTIONS OR CONCERNS

Please contact your MicroLaserPeel provider at the office where you were treated during business hours with any questions or concerns (see below).

AFTER HOURS-EMERGENCY on call (215) 662-4552