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MICRO LASER PEEL/ PROFRACTIONAL POST-OPERATIVE INSTRUCTIONS

- You may feel like you have a mild to moderate sunburn. Swelling can occur 1 to 2 days. This is normal. Use icepacks and motrin to help.
- Keep the area clean, but wash gently. Avoid bathing or washing the area in very hot water. Use lukewarm water.
- You may gain relief by applying cool compresses and/or ice packs to the treated area(s). If the stinging/buring does not cease within a couple of hours, you may use white vinegar compresses. This can cause initial increase in discomfort when applied, but will become soothing within 20-30 seconds.
- You may try over the counter pain relievers, such as Tylenol or Advil, if necessary. If the stinging/burning does not subside within 4-6 hours, please call office during office hours.
- Aloe vera gel or facial moisturizers may help sooth the skin.
- There are no restrictions to wearing makeup. You may wear makeup if you desire.
- Avoid using irritating medications or cosmetics. Examples of these types of products include: Retin-A, Tazorac, Retinol, benzol peroxide, glycolic acids and astringents.
- Mild flaking to moderate peeling of the surface layers of skin is expected, and will usually begin within 5 days after treatment. Some individuals only experience a very light flaking over the week following treatment. These are normal results.
- Scratching, picking, pulling at, or abrading the area after treatment can cause unwanted side effects, such as scarring or hyperpigmentation.
- Avoid direct sun exposure and use of tanning booths during this treatment time. Use of sun protection with a minimum SPF 30 is required to prevent discoloration of the skin in the treated area. If discoloration does occur, please contact the office. A topical fade/bleach cream may be necessary.
- If you are a smoker, please try to stop smoking for one week during the healing process.
- There are **NO GUARANTEED** results from this treatment and each case is individual.
- Three treatments are recommended to obtain the desired results.