

CONTOUR/NANOLASERPEEL/MICROLASERPEEL POST CARE INSTRUCTIONS

Patient response can vary after a Contour, NanoLaserPeel or MicroLaserPeel treatment. Erythema (redness) and possibly edema (swelling) are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase with the depth of your peel.

- Redness normally persists for 24 hours – 5 days depending upon the depth of the peel. If you had a Contour procedure, redness may last for a few weeks to 6 months.
- Swelling is typically a short-term response. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment. Call the office if the swelling is severe.
- If an antiviral was prescribed for you, continue to take as directed. Typically, this is Valacyclovir 500-1000 mg twice a day for 7 days starting 1-3 days prior to the procedure.
- Post treatment discomfort may be relieved by oral pain relievers, i.e., Extra Strength Tylenol or Ibuprofen.
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- Vinegar soaks are recommended while healing to reduce redness, prevent infection, and speed healing. This will also help remove old balms or creams applied. The patient needs one bottle of plain white vinegar to do vinegar washes. As soon as they get home, they should start vinegar soaks. The more, the better. It is recommended a minimum of 4 times a day for the next 3 days. TO SOAK: Prepare a vinegar solution of 2 teaspoons of white vinegar to 2 cups of filtered, cold water. The solution can be stored in the fridge ahead of time. Dip a clean, soft cloth into the vinegar solution and lay the wet cloth against your skin for 10-15 minutes, gently pressing on the skin without rubbing. Rinse with water and reapply laser balm or cream (depending on laser used, see specific laser instructions) after soaking.
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser (i.e., Cetaphil) beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. Be careful not to rub the treated area.
- After cleansing your face, reapply a barrier cream, like Aquaphor, taking care to cover all treated areas, until the skin has healed. The cream is needed to provide a protective barrier that will hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. **Do not allow the treated area to dry out.**
- Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally. DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS. THIS COULD RESULT IN SCARRING AND INFECTION! Gently washing the skin more frequently will help to promote the peeling process. The area will be very raw for at least 2 weeks. This is normal.
- Avoid direct sunlight for at least 2 months post treatment and Avoid strenuous exercise and sweating until the skin has healed.
- Once skin has healed (no longer wearing the occlusive barrier) you may begin to wear makeup. If you can wear makeup, a sun block should be worn daily to help prevent any hyperpigmentation issues that could be caused by direct and indirect sunlight.
- Patients who smoke will have delayed healing and decreased benefit.
- If there are any signs of infection, such as drainage, increased warmth at or around the treated area, or fever of 101.5 or greater, call the office immediately.