



PROFRACTIONAL/ TRL LASER PEEL PRE AND POST

Pre-treatment requirements:

- Do Not** tan, use self tanners, or spray- on bronzers for four weeks prior to treatment.
- A daily application of SPF30 or higher sunblock to the treatment area four weeks is recommended prior to treatment.
- Discontinue all Retin-A, Renova, glycolic acids, vitamin C products, and anything else which can be irritating, for three days before treatment.
- Inform us if you have take Accutane within the past six months or Tetracycline within the last month.
- Inform us of any changes in your medical history since your last visit.
- Inform us if you have had chemical peels, dermabrasion, laser resurfacing or a face lift since your last visit. Discontinue any chemical peels for the duration of the treatment.
- Avoid taking any aspirin, non steroidal anti- inflammatory medications, St. John's Wort, Vitamin E, or omega- 3 supplements, one week before treatment.

Post treatment requirements:

- Cool compresses can be used, if needed, to decrease redness or swelling.
- Cleanse area gently every 6 hours with Vanicream soap bar, for 2-3 days, reapply Vanicream/ Lido as needed.
- Apply a moisturizing ointment (Vanicream) until redness and swelling resolve.
- You must come in 2-3 days after your TRL/ Profractional!**
- At your 2 week follow up, you will buy Oxicell, Vanicream Sunscreen 35, and Skin Medica Daily Face Wash**
- If redness, itching, or swelling persists, continue applying cool compresses periodically and apply a topical steroid ointment (hydro-cortisone cream), for no more than 2 days, using directions from OTC package.
- Avoid unnecessary sun exposure.
- Please call us at the first sign of persistent pain or blistering @ 281-895-9090
- Please note how many days that you have redness or peeling so you can inform us at your next visit.
- Do Not** exercise vigorously for 48 hours after treatment.
- Do Not** expose area treated to hot showers, baths or saunas for 14 days after treatment.
- Continue use of anti-viral medication if prescribed.
- If necessary, at your 8 week follow up, we will do a complimentary BBL treatment.

Post treatment expectation:

- Expect some redness and swelling that may last from a few hours to a couple of weeks. For the TRL, you can have diminishing redness, that can last up to 2 months.

I understand and agree to this Pre/ Post TRL and Profractional Paperwork given to me.

Signature

Date