

PROFRACTIONAL/ TRL LASER PEEL PRE AND POST

Pre-treatment requirements:

1. Treatment requires consultation appointment prior to treatment.
2. Do Not tan, use self tanners, or spray- on bronzers for four weeks prior to treatment.
3. A daily application of SPF30 or higher sunblock to the treatment area four weeks is recommended prior to treatment.
4. Discontinue all Retin-A, Renova, glycolic acids, vitamin C products, and anything else which can be irritating, for three days before treatment.
5. Inform us if you have take Accutane within the past six months or Tetracycline within the last month.
6. Inform us of any changes in your medical history since your last visit.
7. 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.
8. 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:

1. Cool compresses can be used, if needed, to decrease redness or swelling.
2. Post Treatment Care Kit will be provided to client including Vanicream Soap, Vanicare or Vaniply)
3. Cleanse area gently every 6 hours with Vanicream soap bar, for 2-3 days, reapply Vanicream/ Lido as needed.
4. Apply a moisturizing ointment (Vanicream or Vaniply) every 4-6 hours until redness and swelling resolve.
5. Schedule a follow-up 2-3 days after your TRL/ Profractional treatment
6. At your 2 week follow up, you can purchase buy Oxicell, Vanicream Sunscreen 35, and Skin Medica Daily Face Wash
7. If redness, itching, or swelling persists, continue applying cool compresses periodically and apply a topical steroid ointment (4% hydro-cortisone cream), for no more than 2 days, using directions from OTC package.
8. Avoid unnecessary sun exposure.
9. Please call us at the first sign of persistent pain or blistering @ 281-895-9090
10. Please note how many days that you have redness or peeling so you can inform us at your next visit.
11. Do Not exercise vigorously for 48 hours after treatment.
12. Do Not expose area treated to hot showers, baths or saunas for 14 days after treatment.
13. Continue use of anti-viral medication if prescribed.
14. If necessary, at your 8 week follow up, we will do a complimentary BBL treatment.

Post treatment expectation:

1. 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 2-6 months.

Additional instructions: 1tsp of apple cider vinegar in 1 cup water on the 3rd to 4th day, warm to tepid, soak gauze in solution and lay gauze flat on face and allow to rest of face for 1-2 minutes then very lightly exfoliate using gauze. Go to our YouTube channel for a demonstration.

**If any complications occur, please call our office at 281-895-9090.
Afterhours please follow the prompts on our voice message.**