



Micro Laser Peel Pre-Treatment Instructions

1. Call the office if you should develop a cold, fever, or develop open sores or blisters prior to the appointment (501) 224-3223.
2. Use no products containing aspirin for 10 days prior to your appointment and 2 weeks after. Tylenol or Ibuprofen (Advil, Nuprin, Motrin) are OK. You must inform us about medications you are taking before starting and at each subsequent laser treatment. Some medications are contraindicated and must be discontinued before treatment.
3. Discontinue the use of Retin-A, Glycolic, or Alpha Hydroxy Acid skin care products 24 hours prior to your scheduled Micro Laser Peel.
4. You may take Vitamin C (500mg): One tablet in the A.M. and one tablet in the P.M. for 5 days prior to and 10 days after your appointment to help promote healing.
5. Wear comfortable clothes on the day of your appointment. Try not to wear clothing which must be pulled over your head.
6. No smoking of nicotine products a minimum of 2 weeks before the treatment. If you do smoke, please be aware that smoking increases the risk for poor wound healing and may delay your healing process.
7. Please remove your contact lenses the day of the treatment.
8. If you will be taking pain medication or a relaxant prior to the procedure, please make arrangements for someone to drive you to the office and take you home. You may not drive yourself home.
9. If prescribed, please start the anti-viral medication – Valtrex 500mg, one tablet twice a day, the day before your appointment, and continue as prescribed.
10. There will be a follow up visit 1 - 2 weeks after the peel.