

Prescription 2 Fitness
Laser and Aesthetic Center
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Pre-treatment Guidelines for Fresh Peel (Erbium Laser)

1. Discontinue use of products with glycolic acid and/or abrasive products for minimum of one week prior to treatment.
2. Discontinue use of acne therapy products such as Retin-A or Acutane.
3. Avoid tanning or sun exposure without SPF 15 sunscreen or treamer one week prior to treatment.
4. Notify the physician if you are taking any medication which may cause increased sensitivity to the sun.
5. DO NOT APPLY moisturizer the night before or the day of the treatment. This will diminish the effect of the laser treatment.
6. Notify the physician if you are prone to break out with Herpes Simplex virus or “cold sores” prior to treatment. The laser could trigger an outbreak so you will need preventive oral medication on the day of treatment and for several days after.

Post-Treatment Guidelines for Fresh Peel

1. After the treatment expect to feel tightness and a sunburn sensation on the treated area.
2. Use a cool compress on treated areas.
3. Apply Vaseline to treated areas as often as needed to minimize discomfort. This also helps keep newly exposed skin moisturized and minimize the appearance of peeling.
4. When washing treated area (especially face) use only your hands to gently splash water. Avoid scrubbing with cloth or exfoliating products. Cleansing products should not contain harsh chemicals (glycolics) or fragrances. This is to promote a uniform peel for best results.
5. Wear a minimum SPF 30 sunscreen on the area and avoid tanning for 4 weeks post treatment. The new skin will be exposed and will be sensitive to sun.
6. Make-up can be worn as soon as required after treatment. However, better results can be obtained if peeling is complete before resuming make-up application.
7. Do not apply antibiotic creams or ointments to the treatment are.
8. You may resume treatment of Retin-A and or glycolic products 6 weeks after final treatment in the series.
9. Peeling time will vary according to skin types and treatment settings. Peeling will usually begin on the third day and last 24-36 hours. If your treatment setting is adjusted and peeling is likely to be delayed a day or two – this will be discussed at time of treatment. Regardless of skin type or settings expect full peel and recovery in 7-10 days.

