

PHENOL PREPROCEDURE: SKIN CARE 4 to 6 Weeks Prior

- An appointment for a MicroPeel should be set up for you at this time to pre-treat the skin, stimulate cell turnover and prepare the skin for the healing process. This is not painful, with no social downtime. At this time the esthetician will go over the skin care instructions.

Products:

- Prescription Hydroquinone helps to reduce the incidence of post laser hyperpigmentation.
- Dermaceutic Melacream uses alternative and complementary mechanisms to reduce hyperpigmentation.
- Dermaceutic Retinol 0.5 Facilitates exfoliation to enhance skin texture and skin regeneration
- SkinCeuticals Sheer Physical Defense SPF 50 Guards against the destructive effects of free radical damage with UVA & UVB protection
- Dermaceutic Advanced Cleanser to gently cleanse the skin
- Dermaceutic TriVitaC, Phloretin CF, or CE Ferulic

Directions for Application**AM:**

- After cleansing with Dermaceutic Advanced Cleanser and applying eye cream, evenly apply one pump Melacream to entire face avoiding eyelids and lips.
- You may also apply two drops CE Ferulic/Phloretin CF or TriVitaC 30 at this time.
- Apply Hyalceutic moisturizer (if desired)
- Apply SkinCeuticals Sheer Physical Defense SPF 50 making sure to shake the bottle well. Apply in a sweeping fashion not rubbing in circles
- It is important to avoid sun exposure as much as possible while using this system to help prevent pigmentation from occurring.

PM:

- After cleansing with Advanced Cleanser and applying eye cream, evenly apply one pump Hydroquinone to entire face avoiding eyelids and lips.
- Evenly apply a single pump or pea size amount of Retinol also avoiding eyelids and lips to avoid irritation.
- Apply Dermaceutic Hyalceutic or Regenceutic moisturizer if desired.
- *** DO NOT use RETINOL if you are pregnant, lactating, or planning to become pregnant. Avoid getting into eyes and flush immediately with water if this occurs. It is normal to experience some flaking and slight irritation when starting on a retinol. Start slowly applying every third night for the first week, every other night for the second week, working up to every night by the third week. This will allow your skin to adapt more easily.

2 WEEKS PRIOR TO PROCEDURE

- No smoking for 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. Secondary smoke can be just as harmful.

1 WEEK PRIOR TO PROCEDURE

- Stop applying Melacream, Hydroquinone, Retinol and any exfoliants. Only use cleanser, moisturizer and sunscreen.

Plan to have the following items ready before treatment day:

- Prescriptions filled.
- Headbands and ties to keep hair completely off the face and neck (If getting face, neck or chest treated). Make sure they are soft and not too tight.
- Home Environment: Make sure that there is a room free from direct sunlight. Blinds and drapes are sufficient. Room should be vacuumed and bed linens changed to cut down the risk of infection. It is advised not to have your pets sleep with you or on your bedding to also cut down on infection risk.

2 DAYS PRIOR TO PROCEDURE

- Make sure that you have told us if you are prone to cold sores! If you have been prescribed Valtrex, (a medicine to treat and prevent cold sores) you should start taking this now. Continue to take the Valtrex until the prescription is finished. Start taking over the counter stool softener one day before the procedure and continue to take until you are finished taking narcotic pain medication.

THE MORNING OF PROCEDURE

- Cleanse your face with Advanced Cleanser. Make sure that you rinse your face well.
- Shower or bathe as usual with soap and water.
- Do NOT apply anything to your face or area to be treated (ie. Facial creams, lotions, moisturizers, sunscreen, make-up etc.) Absolutely no traces of eyeliner, mascara, or make-up of any kind left on the skin.
- Remove contact lenses.
- You may take your medications as prescribed. You must have someone drive you and pick you up.
- Make sure that you eat a light breakfast if your procedure is in the office. If your procedure is at the surgery center with anesthesia, do not eat or drink anything after midnight the night before.
- Wear loose, comfortable clothing. (ie. A front buttoned shirt or zipper)
- Bring your medication with you to your appointment.