

Guide to MicroLaser Peels.

The procedure is individually tailored to the nature of the problem to be corrected; wrinkles, scars, keratoses or pigmentation problems. By carefully removing the top layer of skin, a more revitalized layer will re-grow leading to an improvement in skin appearance. The computer-guided scanner can accurately fix the laser parameters such as depth, rate and scan pattern ensuring maximum precision and treatment uniformity. Protective eye-wear is required and provided during the procedure.

How is the MicroLaser Peel different from Microdermabrasion?

Generally, microdermabrasion only removes the outer layer (stratum corneum, 10-15 microns) of the skin and patients may become dissatisfied when the perceived results do not equal expense and the number of procedures required.

The MicroLaserPeel is a minimal to full epidermal peel (10-50 microns). Because this procedure goes deeper into the epidermis, it is the perfect step between microdermabrasion and deeper peels.

How often does a MicroLaser Peel need to be done?

One procedure could be sufficient for at least 6-12 months, but additional procedures can be performed as required. A series of 3-4 treatments may be best for you. Your physician will determine what is necessary.

What can the patient expect?

Smoother, healthier, more vibrant skin usually with more uniform pigment. You'll notice a significant and immediate change in skin texture and tightness when compared to microdermabrasion.

Is the procedure painful?

The procedure is painful and will therefore require some form of anaesthetic. An anesthetic cream such as EMLA applied 45 minutes to one hour before the procedure works very well. Sedatives and relaxants and pain killers may also be used to minimise any discomfort.

After the procedure, there will be a mild burning sensation for several hours. This is usually well tolerated.

Do I have to wear any type of dressing or bandage after the procedure?

No. Your doctor will suggest an ointment such as Vaseline. This is used as a barrier to keep the air away from your skin while you grow new epithelium. You will probably use it for one to four days. After that, a moisturiser can be used.

How long is the healing process?

The healing process varies from patient to patient, and the depth of the peel, but will generally take from two to four days. The procedure can be performed on Thursday or Friday and you can usually return to work the following Monday.

Immediately following the procedure you will feel as if you have a bad sunburn. You will have minor sloughing and itchiness the following day. By day two, redness will begin to fade and by day three any redness can be easily covered by make-up. In some individuals prone to redness, the skin may look red for some time after but will eventually settle.

For best results, patients should avoid the sun and use regular sun protection to maintain the results.

What are the unwanted side effects of the MicroLaser Peel?

Deeper peels will naturally produce more inflammation such as oozing and crusting. This usually does not occur with the MicroLaser Peel.

Skin infections such as bacterial or viral sores may develop. Individuals with herpes cold sores should take anti herpes medications to prevent an outbreak.

After the skin regenerates, it may remain red for prolonged periods, especially for those with a tendency to blush/ flush in the first place.

In patients with olive or darker complexion, there may an increased risk of uneven darkening of the skin after the procedure. This can be treated with a bleaching cream. Rarely, the skin may lose pigment and appear paler.

Other forms of scarring such as keloids and thick scars are rare.

Is a MicroLaser Peel suitable for everyone?

There may be certain circumstances in which we may not treat:

- Pregnant or breast-feeding women
- Children under the age of 18 without parental consent
- Any area where current significant skin disease or infections such as cold sores are present
- Patients with (darker) skin types 5-6 are at greater risk of post-treatment pigmentation
- Individuals with a history of keloid scarring
- Anyone with an emotional, mental or medical condition that may lead to unrealistic expectations.

Procedural consent

Before you undergo MicroLaser Peel, make sure you have read the previous 2 pages and fully understood the background information on the procedure. To get the most out of it, you need to understand the nature of the procedure, the associated benefits and risks, as well as the available treatment options.

Photos are routinely taken before treatment as a visual record. These may be used for teaching purposes and may be shown for scientific purposes including publications in medical journals. There will be no identification of the images, and they will remain the property of Illawarra Dermatology and Laser Clinic.

For best results, it is necessary to have the full series of pre-determined treatment sessions, as recommended by the doctor. In a minority of patients, the MicroLaser Peel procedure may not work satisfactorily or may not last for the expected period of time. As it's not possible to predict a less-than-perfect response, Illawarra Dermatology and Laser Clinic is unable to guarantee expected outcomes.

By signing the informed consent, you acknowledge that all the above issues relating to the procedure have been addressed; and that you've been given ample opportunity to ask questions and raise any concerns relating to the procedure.

Name _____ of
patient: _____

Signature: _____

Date: _____

Witness
Name: _____

Signature: _____

Post Procedure Care

Apply Vaseline to treated area for at least 2 days or until healing has occurred.

A cold compress may be applied to relieve the mild burning sensation for 10 minutes every hour.

Daily bathing with 1 teaspoon of salt dissolved in boiling water and gently cleansed to face once water has cooled is necessary.

If you require pain relief it can be achieved with the use of Panadol as per manufacturer's instructions.

Always use a sunblock when exposed to sunlight.

The healing process varies for everybody but will generally take from 2 to 4 days. Immediately following the procedure the patient will feel as if they have a bad sunburn. There will be minor sloughing and itchiness the following day. Remember to keep the treated area moist with Vaseline for the first 48hours. Deeper peels will take longer but by day 2 the redness will begin to fade and by day three any redness can be covered with makeup.