

## **NanoLaserPeel™**

### **What is a NanoLaserPeel™?**

A NanoLaserPeel is a quick and effective treatment that uses a special laser to address conditions on the top layer of your skin. The treatment removes a thin layer of damaged skin to improve texture and provide a more youthful appearance. It provides superior results because it can be administered with great precision of depth. The procedure is performed in our office and can be custom tailored to your specific skin conditions and desired outcome. Most skin areas can be treated. Popular treatment areas are the face and neck, though some people also treat the chest and hands. The following conditions can be treated with NanoLaserPeel™: Fine line, mild wrinkles, scars, keratosis, sun damage and pigment irregularities.

### **How does it work?**

The laser beam is scanned over a treatment area to precisely ablate (vaporize) a very thin layer of skin, removing old, damaged tissue. Removing the top layer eliminates some of the damaged cells that can give skin a tired, aged look such as superficial blemishes and pigment irregularities. As the skin heals, fresh cells grow and resurface the treated area. The result is healthier-looking skin, often with reduced wrinkles and improved color evenness. Patients often say that it looks like their skin went from looking tired to vibrant.

### **How many treatments will I need?**

Excellent results can be obtained in just one treatment; however the number of treatments needed may vary from patient to patient. We can personalize a plan based on your specific needs and may choose to combine NanoLaserPeel™ with other aesthetic procedures to further personalize your treatment.

### **What will happen during the treatment?**

Your skin will be cleaned in the treatment area and your eyes will be protected with safety shields. The laser hand piece is held above the skin as the computer-guided scanner moves the laser beam around the treatment area. Depending on the size of the area being treated, the entire procedure usually lasts around 20 minutes. One of the primary advantages of NanoLaserPeel™ is that it causes little pain because it does not penetrate very deep into the skin. At its most shallow settings, most people can tolerate treatment with no anesthetic at all. At deeper settings, a topical numbing cream is typically used.

### **What will happen after my treatment?**

Immediately after the treatment you will notice that the skin has a “frosty” appearance. This is the dehydrated skin that will peel away within next few days following the treatment. You may experience some skin redness and a sensation resembling a sunburn, as well as mild swelling. You may be given skin care products and instructions on how to use. Your skin will be sensitive to ultra-violet light after the procedure, so you must avoid direct sun exposure until fully

healed. It is recommended that you always use some level of sun protection to avoid sun damage and premature aging of your skin.

#### **When can I return to work/normal activities?**

Depending on the depth of treatment, most patients feel comfortable enough to return to work within 3 to 4 days – an attribute that has given rise to the nickname “the weekend peel.”

#### **When will I notice a difference?**

Because only the outer layer of skin is treated, most patients notice an obvious improvement in tone, texture and color evenness once the skin heals in approximately 3-4 days.

**Contraindications** (i.e. patients who are not good candidates) to NanoLaserPeel™ treatment may include (but are not limited to) those patients who:

- are pregnant or trying to become pregnant
- have medical conditions that may affect wound healing
- use anticoagulant medication or heavy aspirin use
- with active infections and/or compromised immune systems
- with tanned skin or using self tanner/spray tan
- with a history of skin cancer, especially malignant melanoma
- who have a history of keloid scar formation
- have a very dark skin color (i.e. Fitzpatrick skin type IV)

#### **Pre NanoLaserPeel™ Instructions:**

- Avoid/minimize sun exposure and/or use broad spectrum (UVA/UVB) zinc/titanium oxide based **sunblock (SPF 30+)** for 1-2 weeks before and after procedure or until all redness is gone. Physical blocks, such as a hat, scarf and sunglasses should also be used, as needed.
- Stop Retin-A/Renova (tretinoin), Retinol, Differin, Tazorac/Avage (tazarotene), Alpha-hydroxy acids (glycolic acid), beta-hydroxy acids (salicylic acid) & Benzoyl Peroxide topicals and any other similar or exfoliating products that may be drying and/or irritating 2 weeks prior to your procedure
- Avoid electrolysis / waxing / depilatory creams (of treatment areas) for 2 weeks before the procedure
- If you suffer from cold sores please start an anti-viral medication as prescribed by your doctor.

Day of Procedure:

- If you wear contact lenses, no lenses on day of laser
- Arrive, face washed free of makeup

#### **Post NanoLaserPeel™ Instructions:**

- Use cold compresses/ice packs (ice wrapped in a soft cloth), 5-15 minutes per hour, if needed to decrease any modest swelling (for the first day or two).

- 1-2 days post procedure: Soak gauze or a soft wash cloth in 1 teaspoon white vinegar in 1 cup cool tap water. Soak for 10 minutes, 4 times daily. Pat dry and apply ample amounts of Aquaphor to treatment area. If vinegar soak stings or burns, dilute with more water.
- Sleep on your back with your head elevated on a few pillows to prevent or decrease facial swelling (if treated there).
- Cleanse with mild, hypoallergenic cleanser (i.e. Cetaphil) and apply Aquaphor to keep treated area/s soft and pliable during healing 2-4 times (or more) daily for the next several days until healed and normal (usually, 2-3 days depending on depth of NanoLaserPeel™).
- Do not allow treated area/s to become dry or crusted. **Don't pick, rub or exfoliate excessively to remove any dry or flaky skin**, as this may promote delayed healing and/or scarring.
- Tylenol or Ibuprofen may be used as needed for discomfort or pain, if any.
- You may apply make-up when no oozing/crusting is present (if any) and most swelling has dissipated (usually 1-3 days).
- You may begin re-using the following products approximately 2 weeks post-procedure unless directed otherwise. (Retin-A/Renova (tretinoin), Retinol, Differin, Tazorac/Avage (tazarotene), Alpha-hydroxy acids (glycolic acid), beta-hydroxy acids (salicylic acid) & Benzoyl Peroxide topicals and any other exfoliating products that may be drying and/or irritating).
- You may shower and/or wash your hair daily if desired (lukewarm water).
- Avoid strenuous exercise for 2-3 days to avoid skin irritation.
- Avoid any cosmetic facials for at least 2 weeks before and after your procedure. For best possible outcome, follow pre and post-procedure instructions carefully, including initiating a skin care program 1-2 weeks after your treatment.

#### **Post NanoLaserPeel™ Expectations:**

After treatment, moderate redness, swelling and/or a sunburn sensation is usual for up to 12 hours or more. Swelling is usually short-lived. 24-48 hours after treatment, peeling and flaking usually occurs for up to several days or more (depending on laser peel depth/treatment parameters). Expect mild to moderate improvement in photo-aging (wrinkles, age spots, discolorations, skin tone/quality/texture) and/or acne scars/other scars. NanoLaserPeels™ usually do not help erythema (i.e. redness) and telangiectasia (i.e. small, visible, broken / dilated blood vessels), but other procedures we do [i.e. Broad Band Light (BBL)] will help this. Expect no bleeding with NLP, but there may be some, minimal (benign) pinpoint bleeding with NanoLaserPeels™. Possible complications are unusual and often unexpected, yet treatable and may include, but are not limited to: allergic reaction, infection, discoloration or color mismatch/hyperpigmentation and rarely, focal scar formation that may be itchy and/or painful.

Concurrent Procedures: **NanoLaserPeels™** may be combined with **BBL Laser** and **Injectables**