

What it is:

The J SPA Micro Laser Peel (“weekend peel”) is a minimally invasive laser peel that gently removes the outermost layer of skin to help treat fine lines, uneven skin texture and light and dark spots caused by sun damage—delivering smoother, healthier, more vibrant looking skin.

Ideal for patients seeking facial resurfacing benefits with minimal time for recovery, the J SPA Micro Laser Peel sends heat to deeper layers of the skin to stimulate new collagen growth, filling out and decreasing fine lines and wrinkles.

J SPA Micro Laser Peel is generally performed on the face and neck.

Features & Benefits:

- Treats fine lines, wrinkles, aging and sun damaged skin with minimal downtime
- Stimulates collagen growth by sending heat to the deeper layers of the skin
- Depth of the peel can be customized for each patient depending on their particular needs

Duration of Benefits:

- The J SPA Micro Laser Peel is applied to your skin in a series of six sessions, spaced approximately four weeks apart, depending on your skin type and condition
- After you have completed the recommended series of treatments, patients will only need to follow up as needed to maintain the beautiful results
- To further maximize results, this treatment may be used in conjunction with Botox® Cosmetic or facial fillers such as Juvéderm™, Restylane® and Radiesse®

Duration of Treatment: 60–90 Minutes

- Following application of a topical anesthetic (45 minutes) each facial treatment takes approximately 15 minutes

Treatment Protocol:

- Esthetic cleanse of face and neck
- Application of topical anesthetic
- Customized spa treatment ritual (30 minutes)
- Laser procedure (15 minutes)
- Application of Aquaphor®

Candidates:

- Ideal candidates include those who are seeking facial skin resurfacing with minimal downtime

Contraindications:

- This procedure should not be administered to pregnant or breastfeeding (lactating) women
- If you have an active skin infection or eruption like Rosacea, you are not a candidate at this time
- Areas with tattoos or permanent make-up cannot be treated

What to Expect:

- When the laser shines on the skin, patients will experience a series of brief pinches
- Protective eyewear will be given to you for the duration of the laser treatment
- Immediately post treatment, your skin will feel and look slightly sunburned. This sensation will usually diminish after the application of Aquaphor® ointment
- You should see some improvement within three to four days, when the superficial tissue has flaked off, revealing fresh, bright, healthy skin underneath

Downtime/Recovery:

- Most patients are able to return to routine activities, including work and social obligations, the same day of treatment; others are slightly red and swollen
- Redness and swelling is normal following treatment. Healing time varies from person to person
- Make-up may be worn after the majority of the skin has flaked off (usually after three or four days)
- Avoid all forms of sun exposure as you will not be able to wear sunscreen until healing process is completed (approximately seven to ten days)

Pre-treatment Guidelines: J SPA Micro Laser Peel

Six to twelve months before treatment:

- Cease use of Accutane
- Advise if you have ever had a cold sore (arrange for pre-treatment with Valtrex®)

Four weeks before treatment:

- If you have the tendency to hyperpigment, we recommend a bleaching regimen at this point

Two weeks before treatment:

- Cease use of all retinols, Retin-A, Tazorac®, Differin®, Prevaqe®, and “anti-aging” products containing glycolic, alpha-hydroxy and beta-hydroxy acids
- Avoid all sun exposure and/or tanning beds
- Cease waxing and other hair removal procedures in treated areas
- Avoid use of systemic steroids (prednisone, dexamethasone) throughout course of your J SPA Micro Laser Peel treatments

One week before treatment:

- Stay hydrated! Drinking plenty of water before, during and after your treatment will assist with healing
- Cease the use of all exfoliants, including microdermabrasion treatments
- Order RX for Valtrex® pre-treatment

One day before treatment:

- All patients should start pre-treatment with Valtrex®. Take one pill two times per day for five days

*Post-treatment Recommendations/Prescriptive Care:
J SPA Micro Laser Peel*

- Over the counter medication such as Benadryl® (25 mg.) may also decrease some of the swelling and itching and Tylenol® may be used for discomfort, if necessary
- Hydrate: Remember to drink plenty of water post procedure as it assists the healing process
- To prevent scarring, do NOT pick, rub, scrub or irritate your skin in any way while it is healing
- You may apply make-up after the majority of the skin has flaked off (usually after three to four days)
- Avoid direct sunlight and sun exposure for at least **three months** after treatment

Daily Skincare Routine:

- When washing your face, use a gentle, **non soap cleanser** (such as Cetaphil®). You can wash as early as the evening following your treatment
- Most skin care products can be used three weeks after treatment; however, avoid use of retinoids and topical corticosteroids for two weeks following treatment and avoid systemic steroids throughout the course of your J SPA Micro Laser Peel treatments
- Apply a neutral barrier cream without alpha hydroxy acids (such as Aquaphor®) as often as needed to help treat itching, dryness, flaking and dry crusting. These symptoms will gradually disappear
- After peeling has completed, use a broad-spectrum sunscreen with an SPF of 25 or higher daily

Product Recommendations:

- Aquaphor® will keep sensitive spots lubricated, or you can use an over the counter antibiotic ointment
- Ask your esthetician for specific product recommendations (such as Epidermal Repair Cream)

Follow Up Visit:

- A follow up visit is generally not necessary
- **Call the office immediately if you have any unexpected problems after the procedure**

Return Visits Suggested:

Date: _____

Technician Name: _____

Notes: _____
