**Erbium/DOT Micro Peel Aftercare Instructions**

* Wash 2-3 times daily with tepid water and a gentle cleanser (Obagi Gentle Cleanser, ZO Normacleanse or Cetaphil Cleanser).
* Gently pat dry and apply Elta Laser Balm or Aquaphor. Continue this step for 4-7 days until peeling is complete and skin is no longer dry.
* Apply cool compress as needed day of treatment.
* No exercise or heat exposure on day of treatment.
* Strict sun avoidance for 21 days.
* Apply Mineral Sun Block (can be purchased in office) every morning, starting the day after treatment.
* May apply mineral make up (can be purchased in office) starting after Micro Peel.
* For patients who had aggressive treatment; after washing off ointment, apply gauze soaked with peroxide/water (1tbsp of each). After 5 min., gently wash again with water, pat dry.
* If you have itching: Vinegar soaks may be applied frequently to decrease itching sensation and reduce possibility of infection.
  + Mix 1 tablespoon of white vinegar with 1 pint of warm; wet a soft cloth or gauze, soak treatment site for 15 min. with diluted vinegar solution.

I verify that I have read and understand the above instructions:

Name (print)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_