

## **MEDLITE PHOTO PEEL**

*Dream Spa Medical* can help you achieve a more even skin tone by correcting the signs of photo-aging associated with long-term sun damage. Our photo peel treatment is designed to improve epidermal pigment irregularities and textural problems, including enlarged pore size.

The MedLite laser uses photo acoustic technology to provide high speed energy waves that minimize the amount of heat delivered with each pulse. This creates a snapping effect to effectively fragment pigmentation on the the surface of the skin. The controlled heat causes an immediate contraction of the pores.

This is a quick and easy procedure that is suitable for fairer skin tones. The treatment requires no downtime, leaving you with a sunburned sensation. Visible results are achieved in 1-3 weeks. Subsequent appointments can be booked as needed.

### **PRE-TREATMENT**

- Do not use self-tanners for *2 weeks* prior to your appointment.
- Avoid sun exposure & tanning beds *4 weeks* prior to your appointment.
- Avoid active ingredients such as acids, astringents, retinols or topical prescriptions *4 days* prior to your appointment.
- Avoid antibiotics for 2 weeks prior to your appointment. *Please inform us of any medications.*
- Please inform us of any tattoos or permanent makeup in the treatment area.
- MEN*: Please shave the day of your appointment.

### **POST-TREATMENT**

- Mild to moderate redness and swelling can be expected. This typically subsides in *3-5 days*.
- Cool compresses can be used to reduce skin temperature.
- Hydrocortisone or an Antihistamine can be used for skin sensitivity.
- Avoid active ingredients such as acids, astringents, retinals or topical prescriptions for *5 days*.
- Avoid extreme heat such as exercise, hot tubs, saunas & spa treatments for *2 days*.
- Avoid waxing, bleaching or depilatory use until the skin is healed.
- Avoid sun exposure & tanning beds for *4 weeks*.
- Use a minimum SPF 30 sunscreen when sun exposure is unavoidable.
- Use a gentle cleanse & basic moisturizer for *2 days*.
- If a blister develops, treat with basic wound care.

### **PLEASE NOTE**

Medium skin tones can be treated, but it is recommended that they precondition skin with a prescription bleaching cream, or cosmeceutical equivalent. Sun damaged areas will become darker, and may even develop a scab or crust. Makeup can be used to conceal this reaction. Crusting will resolve in 1-3 weeks. Light manual exfoliation can be applied by day 5 to encourage the cellular turnover and promote the rejuvenation process.