BRIAN HUMPHREYS, M.D., F.A.C.S.

Lunchtime and Weekend Laser Peel Treatment Plan for _____

Area to be treated _____ Estimated Individual Treatment Time _____ Estimated Treatments Required _____ Frequency _____

Estimated Total Treatment Time for Series _____ Treatment Plan Recommended _____

Treatment Summary

_____

Totals

_____

Pre-treatment requirements:

- Do NOT tan for four weeks prior to treatment.
- Daily application of SPF 45 or higher sunblock to treatment area four weeks prior to treatment.
- Inform us of any changes in your medical history at each visit.
- Inform us if you have had chemical peels, dermabrasion, laser resurfacing or a face lift since your last visit. Discontinue any chemical peels for the duration of treatments.
- Discontinue all Retin-A, Renova, glycolic acids, vitamin C products, and anything else which can be irritating, for three days before treatment.
- Inform us if you have taken Accutane within the past six months.
- Inform us if you have taken Tetracycline in the last month.
- Inform us of any changes in your medical history since your last visit.
- Remove makeup, cleanse and completely dry the area to be treated prior to treatment.

Post treatment requirements:

- Cool compresses can be used, if needed, to decrease redness or swelling.
- You might experience "weeping, swelling and/or oozing" for 3 to 5 days.
- Apply a moisturizing ointment (Aquaphor®) until redness and swelling resolve, then apply a moisturizing cream containing SPF 45 sunblock daily and re-apply during the day if necessary.
- If redness or swelling is moderate or persists, continue applying cool compresses periodically and apply a topical steroid ointment (hydro-cortisone cream).
- Wash area twice a day with a gentle cleanser, cool or tepid water, and dry using your hands only. Pat dry, do not rub.
- Avoid unnecessary sun exposure.
- Please call us at the first sign of persistent pain or blistering.
- Please note how many days that you have redness or flaking so you can inform our office.
- Expect flaking on the third or fourth day with the Lunchtime Peel ONLY
- Do NOT exercise vigorously for 48 hours after treatment.
- Do NOT take hot showers, baths or saunas for 48 hours after treatment.
- Continue use of anti-viral medication if prescribed.

Post treatment expectation:

- Expect some redness and swelling that may last from a few hours to a couple of days.
- For the Weekend Peel treatment, expect peeling to occur on days three and four. You may exfoliate after 3-4 days (using a soft, damp, sponge and mild soap). You may apply moisturizer and makeup over the area.

Physician _____ Date _____ Patient _____ Date _____