



LAWRENCE M. KOPLIN, M.D., F.A.C.S.
— AMERICAN BOARD OF PLASTIC SURGERY —

BEFORE LASER RESURFACING OF THE FACE

(310) 277- 3223

The Peel and Bleach cream program is the first and most important step in restoring the skin to a healthy state, and is the cornerstone of successful treatment. While the skin is acclimating to the creams, do not assist any peeling that may occur- do not rub or pick at the skin. Be aware that initially you may look worse. Spots may appear darker: fine dry lines and wrinkles may seem more apparent before improvement occurs. The dryness of your skin is temporary and will resolve as your skin builds tolerance to the treatment.

We use skin cleanser instead of “soap” (anything that bubbles) because soaps remove natural skin oils by their detergent action. Your own skin lubricants are the best moisturizers ever made! Similarly, using too much water paradoxically removes these oils and results in dryer skin.

MORNING:

- Cetaphil Lotion to clean face (or your favorite substitute)
- Wipe off with a soft, damp (not wet) washcloth
- Apply your favorite moisturizer to prevent dryness
- Sunscreen if necessary

EVENING:

- Cetaphil Lotion to clean face (or your favorite substitute)
- Wipe off with a soft, damp (not wet) washcloth
- To the areas to be treated with the laser; apply an even, thin layer of the “peel and bleach” cream

SCHEDULE:

- **Week 1:** Use “peel and bleach” cream every 3rd night.
- **Week 2:** Use “peel and bleach” cream every other night.
- **Week 3 and beyond:** Use every night.
- **Note:** For the evenings you are not applying “peel and bleach cream”, use your favorite moisturizer instead.

IF YOU HAVE A HISTORY OF COLD SORES (FEVER BLISTERS OF THE LIPS OR MOUTH): Please make certain we are aware of this fact. A medication (Zovirax or Valtrex) will be given to you to prevent this from happening after the procedure.

If you have any questions or problems about the skin preparation program, please contact our office. We will be happy to give any additional tips or pointers to ensure an effective, positive result.