

CONTOUR TRL™ Nano/Micro Peel Pre- & Post-Treatment Instructions

What is Contour TRL™?

Contour TRL™ (Tunable Resurfacing Laser) is an advanced erbium laser resurfacing treatment designed to improve the overall quality, texture, and appearance of the skin. Depending on the depth of treatment, it can address:

- Fine lines and wrinkles
- Deep wrinkles
- Sun damage
- Age spots and pigmentation
- Acne scars
- Surgical scars
- Uneven skin texture
- Enlarged pores
- Mild skin laxity (including around the eyes and mouth)
- Overall skin tone and texture

Before your treatment:

Two Weeks Before

- Avoid direct sun exposure, tanning, and tanning beds.
- Wear a broad-spectrum SPF 30+ sunscreen every day.
- Do not use self-tanning products on the treatment area.
- Continue any pre-treatment skincare or pigment-prevention regimen prescribed by your provider.
- Keep your skin well hydrated with gentle moisturizers and/or hyaluronic acid (HA) serums.

Please notify our office if you:

- Have a history of cold sores or herpes outbreaks.
- Are pregnant or breastfeeding.
- Have recently started a new medication.
- Are taking antibiotics or other medications that may increase sensitivity to light.
- Develop a sunburn, rash, infection, or irritation in the treatment area.

5–7 Days Before:

Unless otherwise instructed by your provider, discontinue:

- Retinoids, including Retin-A®, tretinoin, adapalene, and tazarotene.
- Glycolic, lactic, or salicylic acid products.
- Vitamin C or other potentially irritating active skincare products.
- Exfoliating scrubs or cleansing devices.
- Waxing, threading, depilatory creams, or electrolysis in the treatment area.
- Continue any specific pre-treatment creams prescribed by your provider.
- Take anti-viral prophylaxis if prescribed by your provider

Day of treatment:

- Arrive with clean skin (no makeup, creams, or sunscreen).
- Bring a wide brimmed hat
- Wear comfortable clothing and a shirt with zipper
- Stay well hydrated.

Depending on the treatment depth, topical anesthetic, local anesthesia, or additional comfort measures may be used.

After your TRL treatment:

The healing process occurs in stages and the following changes are expected.

Days 1–4:

It is normal to experience:

- Significant redness
- Swelling
- Warmth and burning sensation (similar to a severe sunburn)
- Tightness
- Tenderness
- Oozing or weeping
- Mild pinpoint bleeding

Days 4–7:

During this stage:

- Peeling begins.
- Crusting develops.
- New skin gradually appears.

Your post-procedure kit:

You will be provided with:

- Velez™ post-procedure mask
- Avène Thermal Spring Water
- Avène Cicalfate+, Aquaphor or equivalent

If you've had a deeper treatment such as Micropeel, you additionally will receive:

- Hypochlorous acid spray
- Mineral SPF
- Gentle cleanser

How to care for your skin:

Immediately After Treatment

1. We will apply the Velez™ post-procedure mask to the treated area.
2. You may use a fan and Avène Thermal Spring Water to help cool and soothe the skin.
3. Apply cool compresses as needed for comfort and swelling. Never apply ice directly to the skin. Always keep a clean barrier between your skin and a cold pack.

4. Spray the treated skin with hypochlorous acid approximately 4 times daily or more as needed to gently cleanse and refresh the area.
5. Keep the skin consistently hydrated with Cicalfate+, Aquaphor®, or an equivalent bland emollient. Reapply whenever the skin feels dry or tight.

Days 2–3:

1. Wash the treated area gently twice daily with a mild, fragrance-free cleanser and lukewarm water. Do not scrub. Pat dry with a clean towel.
2. Apply hypochlorous acid spray after cleansing and as needed throughout the day.
3. Keep the skin well hydrated with a moisturizer or emollient (Cicalfate, Aquaphor). Reapply whenever the skin feels dry or tight.
4. Use Avène Thermal Spring Water as needed for cooling and comfort.
5. Avoid unnecessary direct sun exposure for at least 4 weeks following treatment.
6. Wear a wide-brimmed hat whenever outdoors.

Days 3-7:

1. Continue using a gentle cleanser 2-3 times a day.
2. Apply aquaphor and/or Cicalfate after cleansing and reapply throughout the day. Do not let skin dry out.
3. Once skin has started to heal, you may use your mineral SPF 30–50+ every morning and reapply approximately every 2 hours when outdoors.
4. Avoid makeup for approximately 1 week or until the skin is fully healed, unless otherwise instructed.

Activities to avoid:

Until your provider advises otherwise, avoid:

- Strenuous exercise
- Heavy lifting
- Excessive sweating
- Swimming
- Hot tubs
- Saunas
- Steam rooms
- Hot yoga
- Excessive heat exposure

These activities may increase swelling and delay healing.

What to avoid:

For at least 7 days or until your skin has completely healed, avoid:

- Picking, peeling, scratching, or rubbing the treated skin.
- Retinoids.
- Vitamin C.
- Glycolic, lactic, or salicylic acids.
- Benzoyl peroxide.

- Exfoliating products, scrubs, brushes, or cleansing devices.
- Waxing, threading, or other irritating treatments to the area.
- Hot tubs, saunas, and steam rooms.
- Swimming pools, oceans, or other bodies of water while the skin barrier is healing.
- Vigorous exercise for the first 24–48 hours, or longer if heat and sweating continue to cause discomfort.

Do not restart active skincare products until the skin has completely healed. When in doubt, contact our office before restarting them.

When to call our office:

Please contact us promptly at **305-317-6448** if you experience:

- Severe or worsening pain.
- Blistering.
- Increasing redness after the skin had initially begun improving.
- Thick yellow drainage, pus, or other signs of infection.
- Fever or chills.
- Significant swelling that continues to worsen.
- Any unexpected reaction or concern during the healing process.