



The MetroPeel

What is it

The MetroPeel is a series of medium strength Erbium laser peels. When used at full strength, the Erbium laser is very effective but can cause extensive redness, peeling and down time. The MetroPeel was developed at Stanford based on studies and research that we have performed and presented at national meetings. The MetroPeel is 1/6th of the strength of an Erbium resurfacing procedure.

What is it for

The MetroPeel is for patients with moderate facial sun damage. These patients will have blotchy areas, sun spots, and redness. Unlike other light therapies such as the IPL or PDT, the MetroPeel will also cause some tightening of the skin and decrease fine wrinkles.

How many treatments

The MetroPeel is a series of three treatments performed every four weeks.

How to prepare

The MetroPeel is very photosensitizing meaning that most patients will become very red like a sunburn. Therefore you must not be on any medications (oral or topical e.g. Retin A; Doxycycline) that make you sensitive to the sun. If you are, you must stop one week before the treatment, and may not begin until 5 days after the treatment. Because this treatment can make you very sensitive to the sun, you must bring a broad brimmed hat to the treatment so that you can wear it immediately following the procedure. You may wish to take three days off from work. Or if you are having the procedure performed on Thursday afternoon, you will need to take Friday off.

Because the MetroPeel can bring out cold sores, we will prescribe you an antiviral medication. You will need to start this antiviral the day before the procedure and continue for two days after the procedure for a total of four days.

We will also prescribe a topical anesthetic. This will need to be applied in a thin layer to your face one hour before your procedure.

What to expect on the day of the procedure

When you arrive, we will photograph you, and Dr. Gladstone may mark certain areas that have more extensive sun damage. You will wear protective goggles on, and should keep your eyes closed. The laser is noisy and sounds like a popcorn popper. Occasionally, you may feel heat. If you are not able to tolerate it, you should tell Dr. Gladstone, and he can either adjust the settings or give you selective numbing shots. The procedure takes approximately 15 minutes. We will then apply an antibiotic ointment. It is important that you bring a broad brimmed hat to the procedure and wear it following the procedure.

What to expect the following the procedure

While this is a very effective procedure, there is downtime. Your face will become red like a sunburn, and you will peel like a sunburn. Your face will feel warm. This lasts for 4-5 days. Most people go back to work in 3-4 days. If you are doing this procedure on a Thursday, you will want to take Friday off.

Post Procedure Care

1. **Avoid the sun**—for the first 3 days. Stay away from windows as the sun penetrates glass
2. **Wear a Broad Brimmed hat**
3. Apply either **Aquaphor or Vaseline Intensive Care four times per day** for the first 5 days.
4. Three days after the procedure, you may start applying sun block with either titanium dioxide or zinc oxide.
5. Remember to **finish your antiviral medication**.
6. If you have discomfort immediately after the procedure, Tylenol should be adequate.
7. Beginning the night after the procedure, taking 400 mg of Advil/Ibuprofen three times per day with food for five days may decrease the redness and swelling
8. If you have concerns during the post procedure period, please call our office at 650-725-5272.