



## Pre & Post Treatment Instructions

### ProFractional™ Laser Treatment

#### Pre Treatment

- It is recommended that all patients having resurfacing treatments done around the mouth have an oral antiviral agent to prevent any cold sore virus getting into the treated areas. Valtrex 500 mg twice a day to start 1 day before treatment and continue on for 5 days post treatment (7 days total).
- Please discontinue any products containing active ingredients 7 days prior to treatment, such as: Retinol (Retin-A, Tretinoin, Vitamin A), Glycolic Acid, Salicylic Acid, AHAs (Alpha-hydroxy acids), LHAs (Lipo hydroxy acids), Hydroquinone and Benzoyl Peroxide, ect. If you have any questions about your current skin care products, please call our office 403-571-3141.
- Please show up to your treatment appointment with no makeup on.
- Avoid sun exposure (including tanning beds) for at least 14 days prior to treatment. Avoid sunless tanning creams or sprays on the treated area for 14 days prior.
- Do not wax or use depilatory creams on the treatment areas for 14 days prior to treatment.
- Avoid Aspirin, Motrin, Ibuprofen, Fish Oils, Vitamin E, and other blood thinners 5-7 days before your treatment. If you are on a prescribed blood thinner, please contact our office at 403-571-3141.
- Please bring a wide brimmed hat with you on your treatment day to protect your skin when you leave the office.

#### Post Treatment

- Patient response can vary after a ProFractional treatment. Erythema (redness) and possibly edema (swelling) and pinpoint oozing are the desired responses within a few minutes after the completion of the procedure. The degree of redness, oozing and healing time will increase with the depth and percentage of your treatment.
- After you have your treatment you will leave the office with a thick layer of Aquaphor (a Vaseline type ointment) on your skin. The occlusive barrier is needed hold moisture into the skin and provide protection from pollutants in the air as the skin heals. Typically, aquaphore is only needed 24 – 48 hours. You will be provided with a tube of this to take home. You will also be provided with a Bio Cellulose mask which you may use if your face feels very hot and uncomfortable. This mask provides short term cooling and comfort. After the mask you can apply more Aquaphor onto your skin. **Do not allow the treated area to dry out (i.e. reapply Aquaphor as needed).**
- Redness normally persists for 24 hours – to 3 days depending upon the depth of the treatment.
- Oozing may persist for 24 hours after the treatment.
- Swelling is typically a short-term response. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, we recommend sleeping in an upright position the first 1-3 nights after the treatment.
- While not commonly needed, post treatment discomfort may be relieved by oral pain relievers; i.e. Extra Strength Tylenol.
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING AND INFECTION!** Gently washing the skin more frequently will help to promote the peeling process.
- Sun exposure should be avoided for 2 months post treatment. Even cloudy days and just driving in your car can create potential brown patches on your face in the resurfaced areas. If treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation or hypo-pigmentation can / will occur. Sunscreen is a **MUST** and should be used daily beginning once you are done peeling, (usually around day 7-10) and used vigilantly for 3 months. After peeing is complete you can also begin wearing makeup again. You will maintain your results from your procedure longer if you continue to protect your skin from the sun. Use a mineral sunscreen with broadband protection (UVA and UVB) and a sun protection factor (SPF) of at least 30. Do not use a chemical sunscreen. The SPF provided in your post treatment kit is ideal and what we recommend for daily use (Physical

Fusion by SkinCeuticals SPF 50). Apply sunscreen 20 minutes before sun exposure. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area.

- When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated area.
- Ensure your hair is held back and away from your face during the healing period.
- Avoid strenuous exercise and sweating until after skin has healed.
- ProFractional treatments are usually performed in a series. Your next treatment will typically be within 4-6 weeks.

### **Post Care**

All products mentioned in these instructions will be provided in your post treatment kit.

Step 1. Beginning the day following your treatment, cleanse the skin two times a day with plain, lukewarm water Cetaphil. Always ensure you wash your hands well before touching your face. Use your hands to gently apply the cleanser and water and finish by patting dry with a clean soft cloth. Be careful not to rub the treated area.

Step 2. In the AM begin using Surfamol (10 powder packets individually wrapped). Use 1 pack per day for 5-7 days mixed in 12oz of water. Dip gauze pads and apply every 2-3hrs post procedure (while awake). Press firmly on the skin for 2 minutes.

Step 3. Apply 4-6 drops of CE Ferulic Serum by SkinCeuticals to your face – this may sting but is safe to use (only do this step once in the morning, then skip this step during the rest of the applications throughout the day). CE Ferulic after a laser treatment is very well tolerated and will enhance your results. Not only will it help with some swelling, it also decreases redness and downtime.

Step 4. Apply a THIN layer of Pomatrol. Use Pomatrol only for the first 2 days post procedure then discontinue. Do not apply too thick of a layer or it could cause pre-mature peeling or post procedure acne.

Step 5. Once the Pomatrol has absorbed into the skin between the Surfamol washes you will apply the Aquaphor provided to keep resurfaced areas moist.

Step 6. On day 3 you can discontinue the use of Aquaphor and Pomatrol. You can now apply a thick layer of Revitol immediately after each Surfamol solution application. You can be very generous with this application. Use Revitol for the next 10-14 days.

Step 7. Once your skin is healed and done peeling, you will then begin using sunscreen (Physical Fusion SPF 50 by SkinCeuticals, provided in your post treatment kit) on a daily basis, which is always applied last in your skin care regime, just before your makeup.

### **Warning**

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately at 403-571-3141. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater

Patient's Name (Printed): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness: \_\_\_\_\_