

## Pre & Post Treatment Instructions

### ProFractional™ Laser Treatment – Scar Revision

#### 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).
- If the scar is on your face, 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) 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 the area (if the scar is on your face).
- 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 area 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.

#### 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 scar. The occlusive barrier is needed to provide a protective barrier that will hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. You will wear the occlusive barrier for the next 3 days. You will be provided with a tube of this to take home. **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.
- 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.
- Avoid direct sunlight for up to 2 months post treatment.
- Once skin has healed (no longer wearing the occlusive barrier) you may begin to wear makeup (if the treated area is on your face). If you are able to wear makeup, a sunblock should be worn on a daily basis to help prevent any hyperpigmentation that could be caused by direct and indirect sunlight.
- Ensure your hair is held back and away from your face during the healing period (if the scar is on your face).

- 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**

As soon as you get home, you are to start doing vinegar soaks. This reduces redness, prevents infection and speeds healing. The more you are able to do, the better. We recommend a minimum of 3 times a day for the next 3 days.

For the next 3 days, keep a layer of Aquaphor on the scar at all times and keep it open to air with loose clothing. Ensure your hands are well cleansed prior to touching your scar for the first 3 days.

To soak: prepare a vinegar solution of 2 tsp of white vinegar to 2 cups of filtered, cold water. The solution can be stored in the fridge ahead of time. Dip a clean soft cloth into the vinegar solution and lay the wet cloth against your skin for 10-15 mins, gently pressing on the skin without rubbing. Rinse with water and reapply Aquaphor.

Do not put any other creams, ointments, or products of any kind on your scar unless your care provider indicates it is ok to do so.

Do not expose the scar to the sun, UVA rays can pass through the house or car windows. Until you are able to wear sunscreen, do not leave the house without a hat (if the scar is on your face) or without the treated area being covered.

Avoid sources of excessive heat, such a hot tubs, steam rooms, hot yoga, or high impact exercise. Light exercise is ok.

If you experience any itching, an over the counter antihistamine such as Benadryl can help.

### **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: \_\_\_\_\_