



1540 Fractional Non-Ablative Pre-Post Guidelines

PRE-TREATMENT GUIDELINES

Beginning 2 weeks prior to treatment:

- Avoid sun-exposure or tanning beds.
- Discontinue use of topical exfoliating agents (Glycolics/ Alpha or Beta-hydroxy acids)
- Discontinue Retinoid medications e.g., Retinol, Tretinoin (Retin-A/ Atralin), Adapalene (Differin), Tazarotene (Tazorac), etc. and OTC anti-aging products contain retinol or retinaldehyde.
- Day of treatment: Thoroughly wash and dry skin to remove any make-up, sunblock, lotions, etc. Our office will provide / recommend sun-protection and/or mineral make-ups that are ok to use post treatment.
- After treatment, you may return to work or usual activities as long as you follow post-treatment guidelines provided below.

POST-TREATMENT GUIDELINES

- Avoid heat and cool the skin during first day or treatment. Immediately following treatment, **application of cool gel packs** and appropriate topical creams (if directed) can help alleviate post treatment itchiness and tingling that may occur.
- As healing occurs, **avoid injury, heat, and sun exposure for at least two weeks.**
- Use covered or wrapped icepack and use only 10-15 minutes intervals.
- Edema (swelling), and sometimes blanching (white appearance), is expected immediately post treatment and generally resolves within 24-48 hours. It may last up to 3-5 days.
- Sleeping with your head slightly elevated will help reduce likelihood of puffiness.
- SPF 30 or higher containing UVA/UVB protection with sun blockers such as zinc oxide or titanium dioxide are recommended up to 6 months following last treatment.
- Gentle cleansing and use of non-irritating cosmetics are permitted after treatment (as directed by physician).
- Those prone to acne outbreaks should avoid heavy makeup or moisturizers for 24 hours post treatment.

- Following a more aggressive treatment, it may be helpful to use some topical moisturizer or therapy (if directed) on the skin during the healing process to help minimize trans-epidermal water loss to reduce dryness or crusting.
- To help remove debris and bronzing of skin that can appear 1 to 4 days after treatment, soak treated areas for 5 – 15 minutes with wet wash cloth, and then gently remove debris. **Do not pick at or scrub the treated areas as this can result in scarring.**
- It is suggested that retinoids (Retinol, Retin-A, Atralin, etc.) be discontinued 1-2 weeks prior to the initial treatment and throughout the course of treatment. The use of retinoids during the treatment course may result in undesirable side effects and prolonged healing.
- **Stretch-marks & Scar Treatments:** Avoid tight-fitting clothes around the treated areas for three (3) months after the last laser treatment.
- Those being treated may experience significant redness, broken capillaries and bronzing in the treatment area for approximately 3-5 days after treatment. This may persist in a mild form for several weeks particularly in areas other than the face.
- Once the treatment area has healed, some itching or dryness may occur. This will gradually clear. The use of non-irritating moisturizers may provide some relief.

1540 POSSIBLE SIDE EFFECTS

- A low risk of prolonged itching, redness, and blistering.
- A risk of hyperpigmentation (dark pigment), hypopigmentation (light pigment), burns, bruising, or blistering may occur, some of which may result in scarring.
- Transient erythema (redness) or edema (swelling) immediately after treatment.
- Bronzing, which is brown debris on the surface of the skin, may develop a few days post treatment. This is a desirable clinical end-point and will naturally exfoliate off over the next 14 days.
- Risk of infection following treatment, potentially resulting in side effects mentioned above.
- Acne breakouts. (Avoid heavy make-ups and using recommended products will reduce this risk).
- Post-Inflammatory Hyperpigmentation (PIH).
- Social downtime.