



## ProFractional Laser Resurfacing Pre and Post Care

### Pre-Treatment Instructions

- You will need a gentle facial cleanser, sunblock with SPF 30 or above, an occlusive ointment (Aquaphor or Vaseline) and plain, gentle moisturizer (Cetaphil, Cereve, etc.) after your treatment.
- If you have a history of “cold sores” or “fever blisters”, you will be prescribed an antiviral medication to prevent a recurrence. Begin the medication 1 day prior to your treatment.
- Please avoid Ibuprofen, Aspirin, and other blood thinning medication/supplements for 1 week prior to procedure.
- Please discontinue the use of retinol products 24 hours prior to procedure.
- Please refrain from tobacco products and alcohol for 1 week prior and 1 week following the procedure. Along with delayed healing, persistent skin redness and other complications may persist when tobacco and alcohol are not discontinued.
- This procedure has minimal-moderate downtime, depending on the depth of the treatment. Average downtime is 3-4 days, (up to 5-7 days for more aggressive treatments). Be sure to schedule plans accordingly.

### Post-Treatment Instructions

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.

- 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, you may choose to sleep in an upright position the first night after the treatment.
- If an antiviral was prescribed for you, continue to take as directed.
- 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.
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser; i.e. Cetaphil, beginning the morning after the treatment. Use your hands to gently apply the cleanser and water. Pat dry with a soft cloth. Do not rub the area.



An occlusive barrier, i.e. Aquaphor, or Vaseline should be applied after your treatment. 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. Typically, it is only needed 24-48 hours after your treatment. **Do not allow the treated area to dry out.**

- 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 prolonged direct sun exposure for 4 weeks before and after treatment.
- Once the skin has healed (no longer wearing the occlusive barrier), **a sunblock with at least SPF 30 must be worn daily.**
- Once skin has healed (no longer wearing the occlusive barrier) you may begin to wear makeup.
- When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated area.
- 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.

### **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. Signs of infection include:

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

**\*Please note the extreme importance of our patients strictly following the pre and post care instructions above. These instructions are vital to helping you to achieve optimal results of this procedure, and most importantly to prevent and reduce the risk of potential complications.**