



ProFractional Laser Resurfacing Pre and Post Care

Recommended Pre and Post Conditioning Skin Care:

Plated Intense is recommended to start using 2 weeks before your treatment

- Use 2 weeks before treatment to reduce inflammation, inhibit melanocyte activity to mitigate post inflammatory hyperpigmentation, and boost collagen and elastin production.
- Calms post procedure skin and helps reduce recovery time.
- Continue to use throughout the treatment series to preserve and maximize results.

**Plated Intense should be the first product applied to the skin. Wait until the skin is dry (5-10 minutes) before applying any other products.

Revive's Hyperpigmentation Cream (8% hydroquinone, 0.025% tretinoin, 4% kojic acid) is recommended for some patients to reduce the risk of hyperpigmentation

- Apply a pea-sized amount to skin in the evening for 2 weeks prior (or as directed by your provider) to your treatment and throughout the treatment series.
- Please be aware the use of hydroquinone can cause skin irritation in some people. If you experience any irritation or other adverse reactions, discontinue use and consult with your provider for alternative products.
- Stop using hydroquinone 3-5 days prior to your treatment. You may resume use of hydroquinone 7 days after treatment.
- Sunscreen must be used while using Hydroquinone or any pigment correcting product.

Physical Sunscreen at least SPF 30.

- Apply daily to protect from sun exposure.

Pre-Treatment Instructions

- You will need a gentle facial cleanser, sunblock with SPF 30 or above, and moisturizer 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.
- **Avoid unprotected sun exposure or tanning, or self-tanners** for at least 4 weeks prior to your procedure. Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids) 3-7 days prior.
- Please avoid Ibuprofen, Aspirin, and other blood thinning medication/supplements for 1 week 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.
- **Arrive with a clean face, with no makeup on**
- Bring a hat on the day of treatment
- You will numb for 1 hour
- MUST ARRIVE ON TIME to ensure you get the proper amount of numbing time

- This procedure has minimal-moderate downtime, an average of 5-7 days, depending on the depth of the treatment. 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 or Alastin Gentle Cleanser, 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. Vaseline or SkinCeuticals Hydra Balm 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.**