



## FRACTIONAL LASER

### PRE-TREATMENT INSTRUCTIONS

Accutane must be discontinued for at least six months prior to treatment.

Come to your appointment with a clean face, without makeup or tinted products. If there is hair in the treatment area, please shave closely. Topical numbing cream will be placed prior to treatment.

Stop retinols 7 days before your procedure.

Avoid NSAIDs such as Advil, Ibuprofen, Aleve, etc for 72 hours prior treatment. Tylenol is acceptable.

If you're prone to cold sores, we may prescribe a prophylactic antiviral to prevent an outbreak.

### POST-TREATMENT INSTRUCTIONS

#### **24 Hours:**

Cool compresses will be applied immediately following your treatment. We recommended applying a cool cloth or compress as needed for the first 24 hours. Do not apply ice directly to your face. Place a thin towel or multiple paper towels between the ice pack and your skin.

Mild redness and swelling is considered normal and should decrease within 24-48 hours. Mild bronzing and/or flaking may occur and last several days. This is a normal part of the healing process. Do not pick or scrub. Some patients may need to take Benadryl as needed. You may take Tylenol for mild discomfort

#### **72 Hours:**

Use a gentle cleanser and mild moisturizer twice a day for 3 days.

Use SPF daily.

Do not use any retinoid products for 3 days following your treatment.

Do not use NSAID medications.

*Daily skincare regimen is necessary to provide nutrition to the skin to ensure optimal results. If you need medical grade recommendations, please ask your provider.*

*Although you may notice a significant improvement after one treatment, multiple treatments provide superior and longer lasting results. Please remember collagen production takes 6-9 months to occur. After an initial series of treatments, maintenance treatments are recommended every 6-12 months.*