

Fractional Laser Pre and Post Treatment Instructions

Pre treatment instructions:

- Avoid any type of sunburn or suntan for 4 weeks prior to treatment. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration.
- Do not use any self-tanning lotions in the month prior to treatment.
- Stop using Retin-A, Renova, and Differin for one week prior to treatment.
- You may need to use Hydroquinone Cream 4% for 4 weeks prior to a treatment to reduce the possibility of complications. If you do, a prescription will be called into the pharmacy of your choice.
- Like sunlight, laser light may cause a cold sore or fever blister leading to more serious complications. If you have any history of herpes, cold sores, or fever blisters, we recommend taking Valtrex 500mg, 1 tablet twice a day for 5 days starting on the day before the laser treatment.
- You will need to use Aquaphor or Vaseline for 3 days following the procedure. Ensure you have a large tube or jar at home before your treatment.
- Arrive at our office 1 hour prior to the treatment in order for a topical anesthetic cream to be applied.

Post Treatment Instructions

- Intense burning, redness, warmth, and a sunburned sensation are normal responses following fractional laser resurfacing. The discomfort and redness generally last 2-8 hours after the procedure. Cool compresses with a soft damp cloth for 10-20 minutes at a time may help relieve the temporary discomfort. Tylenol can be taken as directed for pain.
- Aquaphor or Vaseline should be applied constantly during the first 3 days. It is important for the treated area to remain soft and pliable during healing. The skin should not be allowed to dry out.
- The day after the procedure your skin may feel tight, swollen, or itchy.
- Within 48 hours the redness will have significantly improved.

- Some patients will wake up with facial swelling, particularly around the eyes, for several days following the treatment. This is normal and usually resolves within 3-5 days.
- Quick cool or slightly warm showers are recommended for the first 3 days.
- Aerobic exercise, saunas, and hot tubs should be avoided for 3 days.
- Avoid use of topical skin care products containing retin-A, retinol, glycolic acid, or salicylic acid for 1 week.
- Makeup can be used on the third day after the procedure. Caution should be used when applying and removing makeup. The treated area may be delicate and should be treated with care.
- Prolonged sun exposure should be avoided at least 4 weeks after your laser treatment. A total sunblock containing zinc oxide or titanium dioxide should be applied daily if you are in the sun. If further treatments are needed, a commitment to stay out of the sun is necessary. Sun exposure may cause certain complications such as permanent skin discoloration.
- For patients who have a history of frequent cold sores, you should be taking an anti-viral medication such as Valtrex or Famvir for 5 days after the treatment.
- Remember, fractional laser resurfacing typically requires multiple treatments to achieve the desired results. A fractional laser treatment stimulates collagen remodeling in the skin that occurs over a 3-6 month time period.

I understand and will follow these post-treatment instructions.

Client Name (Printed): _____

Client Signature: _____ Date: _____