

## Pre and Post Treatment Instructions

### Profractional

For your safety and in order to obtain optimum results, the instructions below should be followed

- How to Prepare for your Profractional Treatment:
  - ABSOLUTELY avoid any sunburn or suntan for 4 weeks prior to laser treatments. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENTS.
  - Do not use any self-tanning lotions or spray tanning in the month prior to treatment.
  - Stop using Retin-A 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.
  - Please inform us if you have any history of “herpes”, “cold sores”, or “fever blisters”. In such instances, we recommend taking Valtrex 500 mg, 1 tablet twice a day for 5 days starting on the day before the laser treatment. Like sunlight, laser light may cause a cold sore or fever blister leading to more serious complications.
  - A topical numbing medicine will be applied upon arrival.
- What to Expect After Profractional:
  - Burning, redness, warmth and a sunburned sensation are normal responses following Profractional resurfacing. The discomfort generally lasts a few hours after the procedure. Cool compresses with a damp, soft cloth for 10-20 minutes at a time may help relieve the temporary discomfort. Tylenol can be taken as directed for pain.
  - Elta MD Post Procedure Balm (laser balm) needs to be applied constantly during the next 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.
  - Cleanse the skin twice a day with Elta MD Dermal Wound Skin Cleanser and use the lint free pads to gently wipe away excess balm. Immediately reapply Laser Balm.
  - Within 3-7 days the redness will have significantly improved. At this point, the post procedure balm can be discontinued.
  - The skin will feel tight and may be itchy. Peeling or flaking may start on the 2nd or 3rd day following your treatment. NO MATTER HOW TEMPTING, DO NOT

**PICK OR SCRUB YOUR SKIN.** Let the peeling occur naturally over the course of 7-10 days. Use of CliniCalm 1% as needed will help soothe the itching sensation.

- o Once the Laser Balm is discontinued, the new, healing skin needs to be properly cared for.
  - For one week, cleanse the skin with a gentle cleanser (Elta MD Foaming Face Wash recommended).
  - After cleansing the skin, apply CliniCalm 1% and then the moisturizer.
  - In addition to the moisturizer during the day, apply Elta MD Elements SPF 44 tinted sun screen.
  - Be sure to reapply sunscreen every 2 hours. A make-up setting spray with SPF is recommended.
- o Aerobic exercise, saunas and hot tubs should be avoided for 3-7 days.
- o Avoid use of topical skin care products containing retin-A, retinol, glycol acid or salicylic acid for 1 week.
- o Make-up can be used once the redness has resolved & the laser balm is discontinued. Caution should be used when applying and removing makeup. The treated area may be delicate and should be treated with care.
- o **PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER 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.
- o Remember, ProFractional resurfacing typically requires multiple treatments to achieve the desired results. ProFractional stimulates collagen remodeling in the skin that occurs over a 3-6 months time period.

**SUMMARY OF PRODUCTS NEEDED (Found in your Laser Resurfacing Kit)**

<b>Elta MD Laser Balm</b>	<b>\$25.74</b>
<b>Dermal Wound Cleanser</b>	<b>\$21.50</b>
<b>Foaming Face Wash</b>	<b>\$26.28</b>
<b>CliniCalm 1%</b>	<b>\$50.41</b>
<b>Moisturizer</b>	<b>\$12.33</b>
<b>Elements SPF 44 Tinted Sunscreen</b>	<b>\$35.39</b>

**Total: \$171.65**

**Bundle and Save: Purchase all products recommended and receive 10% discount**