



Profractional Treatment

Pre and Post Treatment Instructions

Pre treatment instructions:

1. Absolutely avoid any type of 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.
2. Do not use any self-tanning lotions in the month prior to treatment.
3. Stop using Retin-A, Renova, Differin, for one week prior to treatment.
4. You may need to use Hydroquinone cream 4% for 4 weeks prior to treatment to reduce the possibility of complications. If you do, a prescription will be called into the pharmacy of your choice.
5. Please inform us if you have any history of “herpes”, “cold sores”, or “fever blisters”. In such instances, we recommend taking Valtrex 500mg, 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.
6. You will need to use aquafor or Vaseline for 3 days following the procedure.

Patient response can vary after a ProFractional / ProFractional-XC 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.

Pre treatment instructions:

- 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.

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- 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 and finish by patting dry with a soft cloth. Be careful not to rub the treated area.
- After cleansing your face, reapply the occlusive barrier, i.e. Petroleum Jelly, taking care to cover all treated areas. 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, the occlusive barrier is only needed 24 – 48 hours. Reapply the occlusive barrier as needed. **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!** Avoid direct sunlight for up to 2 months post treatment.
- Once skin has healed (no longer wearing the occlusive barrier) you may begin to wear makeup. If you are able to wear makeup, a sunblock should be worn on a daily basis to help prevent any hyperpigmentation that could be caused by direct and indirect sunlight.
- 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 / ProFractional-XC 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