

## **Pre and Post Treatment Instructions for Fractional Non Ablative Resurfacing**

### **Treats:**

Skin tone, texture, wrinkles, minimizes pores, melasma, stretch marks, acne scars

### **Pre Treatment Instructions:**

Avoid sun exposure (apply sunscreen daily and do not tan at all – including self-tanner) for 2 to 3 weeks before and after treatments.

Do not use any retinol products (or products containing tretinoin) or exfoliants on the area to be treated for one week. Avoid Accutane (or isotretinoin products) for 6 months prior. Let your doctor know if you have a history of hyperpigmentation.

We will write you a prescription for a prophylactic antiviral therapy to start on the day of the treatment to prevent a flare up of cold sores. If you have a current prescription, Valtrex 500mg should be taken by mouth twice daily on the day before, the day of, and the day after your treatment.

You must notify the technician if you have had any cosmetic tattooing on or near the area to be treated.

Photosensitizing medications including doxycycline and minocycline should be discontinued three days prior to the treatment.

Anticipate a social “down-time” of 3-5 days before any redness, swelling has subsided.

### **On the day of your appointment:**

Arrive to your appointment with a clean face, free of makeup. A topical numbing cream will be applied to the treated area. We will apply the topical numbing cream here at the office. You do not need a driver to assist you.

**Post Treatment Instructions:**

The sunburned feeling and swelling usually last 1-3 hours. Applying ice will give relief and reduce the swelling duration. The redness will last a few days, but can be covered up by applying makeup.

Your skin will be fragile. Use gentle cleansers (we recommend Epionce Gentle Foaming Cleanser), do not rub the skin and avoid hot water during this time. Do not use your Clarisonic or a loofah for one week.

We recommend Epionce Medical Barrier Cream moisturizer. Makeup can be applied immediately (if the skin is not broken); we recommend mineral based makeup -such as Jane Iredale.

Avoid the sun and use sun block for 4 to 6 weeks. We recommend Epionce Ultra Shield SPF 50 and EltaMD Physical Sunblock. Avoid excessive heat or friction to the treated area (heavy exercise, saunas) for one week.

Please contact us as soon as possible if you experience any blistering or increase pain. Contact us if you are concerned about infection. If any pigment changes are bothersome or persist beyond 4 weeks, please contact us 704.321.3376.

I have received a copy of the Pre and Post Treatment Instructions for Fractional Resurfacing.

Patient Print Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_