

Fractionated Non-Ablative Skin Resurfacing Laser Instructions

1540nm laser is used for the treatment of fine lines and wrinkles, melasma, acne scars, surgical scars and stretch marks.

Before your treatment:

1. Sun Exposure: No sun exposure or use of tanning products 1 month prior to treatment.
2. Medications: Please inform us if you have taken:
 - a. Tetracycline based medications including doxycycline and minocycline. You should discontinue 1 week prior to treatment.
 - b. Isotretinoin in the past 6 months to 1 year
 - c. Topical retinoid products and glycolic products. You should discontinue 1-2 weeks prior to treatment.
3. Medical Conditions: Please inform us if you have a history of:
 - a. Connective Tissue Diseases like Lupus
 - b. Cold Sore Breakouts (Herpes Simplex) - we will give you medication to help prevent this from occurring.
 - c. Light Induced Seizures or Reactions
 - d. Active Infections or Immunosuppression
 - e. Pregnant
 - f. Keloid formation
 - g. Prednisone therapy (current)

On the day of the treatment:

1. Wash with soap and water the areas that will be treated.
2. Apply the numbing cream 1 hour prior to your appointment time. Please pick this up prior to your appointment. Our office will order the numbing cream for you from our compounding pharmacy.
3. Come to the office with the numbing cream on. We will remove it just prior to your treatment.

After your treatment:

1. Burning and Stinging: Immediately post treatment you will have some burning and stinging for approximately 1 hour. Wrapped ice packs or cool gel packs can be helpful during this time.
2. Redness and Swelling: This will typically last 2-3 days but can last up to 5 days.
3. Bronzing: After 3-4 days some patients will experience bronzing (brown discoloration) of the skin and a sand-paper like feel to the skin. To help remove this, you can soak a washcloth in water and gently soak the skin for 15 minutes. Do not pick or scrub the skin. This may last for a few weeks on areas other than the face.
4. Cleansing: Gentle Cleansers should be used to wash your skin. If your treatment was more aggressive, you may want to use occlusive ointments like Aquaphor or Vanicare Ointment to help the healing process.
5. Sun Exposure: As healing occurs, avoid sun exposure for 2 weeks after treatment, continue to wear sunscreen daily with SPF 30 or greater and reapply frequently.
6. Topical Medications: Avoid any irritating topical agents (retinoids, glycolics) for 1-2 weeks after your treatment.

Follow Up:

1. Typically, you will need 4 to 5 treatments spaced 4-6 weeks apart.

Pricing:

- Face - \$900/Treatment
 - Add On your Neck, Chest or Hands - \$200/area
- Spot Treatment, Melasma, Acne Scarring, Chest, Neck - \$700/Treatment
- Super PhotoFacial (IPL + 1540) - \$1100/Treatment

