

## Active and Deep FX Care Instructions

### Pre-Procedure Instructions

#### One Month before Your Fractionated CO<sub>2</sub> Treatment

- Avoid tanning and minimize sun exposure. Do not use tanning products for 1 month.
- Apply an SPF 30+ every day.
- If you have a history of melasma or hyperpigmentation, you will need to start a lightening product recommended by your physician and discontinue 2 days prior to procedure.

#### One week prior

- You will get a call from our office where we will:
  - Confirm your procedure
  - Send in the prescriptions for Valtrex and Keflex
  - Pay the remaining balance
- Make sure you have the following at home:
  - Tylenol and/or Ibuprofen
  - Benadryl and/or Zyrtec
  - White Vinegar
  - Extra washcloths, hand towels and pillow cases
  - Antibacterial Soap to wash your hands prior to touching your face

#### Five Days Prior

- Stop any glycolic products and retinoid (Tazorac, Differin, Atralin, Renova, Tretinoin) products you may be using.

#### One day prior

- Start Valtrex 1gram (1000mg) 2x/day for 7 days (1 day before your procedure and 6 days after your procedure) to help prevent viral infections. We need you to take this regardless if you have or have not had cold sores in the past.
- Start Keflex 500mg 3x/day for 7 days (1 day before your procedure and 6 days after your procedure) to help prevent bacterial infections.
- We will apply numbing cream to your skin for 1 hour. It will include your eyelids. Please bring something to listen (music, podcast, audiobook, etc). You will not be able to read or do computer work as your eyes will be closed.
- Arrange for a ride home post procedure as we will be giving you Valium and Percocet.

#### The day of the procedure

- Please allow at least 3 hours for your appointment.
- We will numb the entire face including eyelids so your eyes will need to be closed. You will numb for 1 hour. Bring listening material.
- Please remove your contact lenses prior to your appointment. We will be applying eye shields for your safety.
- Come to the office with a clean face – no makeup or creams
- Wear comfortable clothing (perhaps a button down shirt as this makes it easy to take on and off)





#### **When you arrive at the office**

- We will apply a numbing cream for 1 hour.
- Your physician will also do some nerve blocks depending on your individual treatment plan.
- Eye Shields will be placed (they are like contact lenses) to protect your eyes prior to the treatment.
- Valium and Percocet will be given. If you have any allergies please let us know so we may consider other options.
- You must arrange for someone to pick you up. We will call them 30 minutes prior to your pick up. You can plan for 3 hours in the office.

#### **Post Procedure Care Kit**

We will provide you with a Post Procedure Kit to care for your skin immediately following the procedure. The kit will include the following:

- Vanicream Moisturizing Ointment
- Vanicream Skin Cream
- Vanicream Facial Cleanser or Simply Clean Cleanser
- Gauze for the Vinegar Soaks



## Post-Procedure Instructions

### **Day of the Treatment – Immediately post fractionated resurfacing**

- Avoid direct sunlight while leaving the office and going to the car
- Turn on your air conditioner in your car. This will keep your face cool.

### **Day of the Treatment – First 2-4 hours**

- Take a pain reliever - Tylenol 1 gram every 4-6 hours and/or Ibuprofen 400-600mg every 6 hours for Active FX to help with the discomfort.
- You may apply cool compresses (wet frozen towels or frozen peas). Do not apply ice directly to the skin.
- Do not wash the treated area or take a shower.
- Keep your face “glossed” with Vanicream Moisturizing Ointment or Aquaphor.
- You may spray a fine mist of thermal water as needed.
- Avoid drinking alcohol.
- Wash your hands with antibacterial soap or waterless hand sanitizer.

### **Day of the Treatment – Bedtime**

- Sleep on your back with your head elevated. You will have swelling.
- Place a towel over the pillow to protect pillow from the ointment.
- Avoid irritants such as dust, sun, dirt and hairspray.
- Take Benadryl to help you sleep.

### **Day 1 (first day after the treatment)**

- Stay indoors and avoid direct sunlight from windows.
- Okay to shower but avoid a direct spray of water on the face
- Gently cleanse the treated area three to four times today as follows:
  - First Soak in the Morning
    - Wash hands with an antibacterial soap
    - Mix 1-2 tablespoons white vinegar with 1 cup boiled water (vinegar soaks\*). Boiling kills any bacteria and viruses in the water. Allow the water to cool, add the vinegar and refrigerate. Making a large batch that will last for 1-2 days is helpful.
      - A little tingling is expected but there should not be burning of the skin. If there is, dilute the solution with boiled and cooled water.
    - Apply gauze strips over the face blotting with the vinegar solution if they become dry. Apply for 10 minutes, remove the gauze, and repeat with clean gauze and vinegar solution for another 10 minutes.
    - Blot skin with fresh gauze to dry or a clean towel. Do not use an old towel to dry your skin.
    - Apply the Alastin Skin Nectar (1<sup>st</sup> and 4<sup>th</sup> Soak) followed by the Vanicream Moisturizing Ointment (thick layer – all soaks).
  - 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> Soak – same as the first.
- Healing times may improve the more dedicated you are to meticulous cleansing and wound care.
- Reapply Vanicream Moisturizing Ointment as needed to stay “glossed”.
- Avoid exercise and drinking alcohol until your face is healed.
- Stay hydrated and eat healthy. Avoid high salt foods as that may increase the amount of swelling.
- Continue taking Valtrex and Keflex as prescribed.



- If your skin is itchy and/or you have excessive swelling, you may take Zyrtec 10mg daily or Benadryl 25-50mg every 8 hours.
- To help itchiness during sleeping hours, take Benadryl 25-50mg at bedtime

#### Day 2

- Repeat the Vinegar Soaks Four (4) times today – okay to reduce the time to 10 minutes.
- After the soak, gently wash your face with the Cleanser provided.
- You will not be able to remove all the ointment that is on your skin. This is okay. Do not attempt to rub the skin.
- Make sure you are using clean towels to dry your skin.
- Apply the Alastin Skin Nectar (1<sup>st</sup> and 4<sup>th</sup> Cleansings) followed by the Vanicream Moisturizing Ointment after each cleansing.
- You may be feeling better today. Please take time to rest. The skin is working hard to heal. Do not overdo.

#### Day 3

- Repeat the Vinegar Soaks followed by the gentle face washing as in Day 2.
- Make sure you are using clean towels to dry your skin.
- Apply the Alastin Skin Nectar (1<sup>st</sup> and 4<sup>th</sup> Cleansings) followed by the Vanicream Moisturizing Ointment.
- Itching tends to begin on this day.
- **Avoid picking or scratching.**
- Continue Valtrex and Keflex.
- Follow up appointment at the office usually happens on this day.

#### Day 4

- Repeat the Vinegar Soaks, Gentle Cleansing and Alastin/Vanicream Moisturizing Ointment as in Day 3.
- Itching may persist. Take Benadryl if this is a problem.
- The central part of the face will begin to peel. Avoid picking at skin. It will fall off with each washing,

#### Day 5-7

- You may discontinue the Vinegar Soaks unless the skin has not yet peeled.
- Wash face with the cleanser provided 3x/day.
- Continue to apply the Alastin and the Vanicream Moisturizing Ointment.
- The itching and peeling will start to subside.

#### Day 7-14

- Reduce cleansing to 2-3x/day.
- Start the Vanicream Skin Cream in the kit if the skin has fully peeled.
- Wear Sunscreen when going outside.
- Avoid exposure to excessive sun for 4 weeks. Use sunscreen and a hat/clothing to protect the treated areas.
- You may return to your usual exercise program as long as your skin is healed.



### Weeks 2-8

- Protect your skin. Avoid the following unless instructed otherwise:
  - Avoid direct sunlight as much as possible
  - Microdermabrasion, Exfoliants, Facials
  - Glycolic Products
  - Clarisonic Brush
  - Waxing
  - Massage with head in the face cradle
  - Retin A, Triluma, other retinoids

### Three to Six months post treatment

- You will continue to see the improvement in collagen and wrinkle reduction
- Your physician may suggest one additional treatment 6 months to 1 year following your initial treatment.
  
- ❖ If you experience any of the following, please contact us immediately (949-364-8411 office or 949-354-3775 on-call cell number).
  - A scab that looks different than the brown treated areas especially if tender
  - Excessive swelling or redness
  - Pain
  - Blisters
  - Pus bumps
  - Odd smell to the treated area
  - Crusting or oozing
  - Fever, chills, general malaise
  
- ❖ \*Vinegar Soaks
  - Helpful Hints for Vinegar Soaks:
    - You may fill a spray bottle with the solution and spray on the gauze to re-wet while soaking
    - You may fill up a bowl with the solution and use clean gauze to dip in the bowl and then re-wet while soaking

