

## 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. Come with a clean face – no makeup.
2. Numbing cream will be applied in the office for 1 hour prior to your treatment. You will have 2 appointments scheduled – one for numbing and one for the laser. Bring something to read.

### 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
- Site (Non-Face) - Treatment for Melasma, Acne Scarring, Chest, Neck, etc - \$700/Treatment
- Super PhotoFacial (IPL + 1540) - \$1100/Treatment



## Fractionated Ablative Skin Resurfacing Laser Instructions

The CO<sub>2</sub> laser (Active, Deep FX, & Total FX) is used for the treatment of fine lines and wrinkles, loose eyelid skin and wrinkles around the eyes, brown spots, uneven skin tone, acne scars, loose skin around the neck and jowls and enlarged pores.

### 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. Isotretinoin in the past 6 months to 1 year
  - b. 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. Active Infections or Immunosuppression
  - d. Pregnant
  - e. Keloid formation
  - f. Prednisone therapy (current)
  - g. Melasma or Hyperpigmentation – we will start you on a lightening product 1 month prior.
4. **Three weeks** before the procedure: Start Alastin Skin Nectar twice daily.

### One week before your treatment:

1. Expect a phone call from our office to detail the procedure.
2. Make sure you have white vinegar on hand at home for the aftercare.
3. Start on antiviral and antibiotics 1 day prior.
4. Pain management medications are highly recommended. Please arrange for a driver. Plan on an adult being with you for 6 hours post procedure.
5. Plan on 5-7 days of downtime.

### Day of the procedure:

1. Plan on spending 4 hours in the office.
2. Come with a clean face, button down shirt, and do not wear your contact lenses.
3. At the office, we will draw your blood to collect PRP (**Platelet Rich Plasma**). We do believe it helps with pain and improves healing times. If you do not like blood draws, you may decline this portion of the treatment.
4. Topical numbing cream will be applied to the entire face for 1 hour. Your eyes will need to be closed. Many use airpods or headphones. Some take this time to rest.
5. You will receive a post procedure kit which includes cleanser, ointment, gloves, and gauze.

### Pricing:

Your doctor will discuss which treatment is best for you.

- Active FX - \$2900
- Active FX Plus Spot Treatment with Deep FX - \$3900
- Total FX - \$4900
- Add-ons to Full Facial Treatments – Neck, Chest, Hands - \$500/site
- Spot Treatment Only – Eyes or Around the Mouth - \$1450 per site (PRP not included)
- We require full payment, typically 3 to 7 days prior to the procedure date.

