

## 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.

#### ***Two weeks prior to your appointment***

- 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. 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 Xanax and Percocet.

#### ***The day of the procedure***

- Please allow at least 3-4 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.
- 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 front button 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.
- Xanax 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 or Dove Bar Soap
- Gauze for the Vinegar Soaks
- Disposable Gloves



### 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**
- **Cleanse/Dry/Moisturize Treated Areas four times today (when you wake, mid-morning, mid-afternoon and bedtime) as follows:**
  - **Cleanse**
    - **Vinegar Solution Soak – 20 minutes 4x/day**
    - Wash hands with an antibacterial soap
    - Vinegar Solution: 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.
    - Leave on for 10 minutes, remove the gauze, and **repeat** with clean gauze and vinegar solution for another 10 minutes.
    - 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 with gauze or a washcloth – only use your hands to cleanse the skin.**
  - **Dry**
    - Blot skin with fresh gauze to dry or a clean towel. Do not use an old towel to dry your skin. **Do not rub** the skin with gauze or your clean towel.
  - **Moisturize**
    - **If using Alastin:** Apply twice a day after soaks. Follow with Vanicream Ointment.



- **If using Clobetasol:** Apply after morning soak and bedtime soak. Follow with Vanicream Ointment.
- **No Alastin or Clobetasol:** Apply Vanicream Ointment over treated areas.
- 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

- **Cleanse/Dry/Moisturize Treated Areas four times today** (when you wake, mid-morning, mid-afternoon and bedtime) as follows:
  - **Cleanse**
    - Vinegar Solution Soak – Apply gauze strips over the face blotting with the vinegar solution if they become dry.
    - **Leave on for 10 minutes**, remove the gauze and Wash face with 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 with gauze or a washcloth – only use your hands to cleanse the skin.**
  - **Dry**
    - Blot skin with fresh gauze to dry or a clean towel. Do not use an old towel to dry your skin. **Do not rub** the skin with gauze or your clean towel.
  - **Moisturize**
    - **If using Alastin:** Apply twice a day after soaks. Follow with Vanicream Ointment.
    - **If using Clobetasol:** Apply after morning soak and bedtime soak. Follow with Vanicream Ointment.
    - **No Alastin or Clobetasol:** Apply Vanicream Ointment over treated areas.
- You may be feeling better today. Please take time to rest. The skin is working hard to heal.

## Days 3-5

- **Repeat the protocol as in Day 2.**
- **Discontinue Clobetasol** after Day 3 or Day 5 (as instructed by your physician)
- Itching tends to begin on Day 3. Peeling begins on day 4/5 for most. But do not worry if your skin is taking longer.
- **Continue to avoid picking, scratching, and rubbing of the skin.**
- If the itching is uncomfortable, spritz face with water (spray bottle or mister works well) and take Benadryl as needed.
- Continue Valtrex and Keflex.
- Follow up appointment at the office usually happens on this day.



**Day 6-7**

- 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 our office immediately at (949) 364-8411. If it is after hours or on the weekend, call the office and select option 5 to reach the on-call physician.

- A scab that looks different than the brown treated areas especially if tender
- Excessive swelling or redness or itching
- Pain
- Blisters
- Pus bumps
- Odd smell in 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

