



Pre and Post Treatment Instructions for Resurfacing Procedures

Before your Resurfacing Treatment

- Avoid all sun exposure, self tanning creams, spray tans and tanning beds for at least two weeks prior to each fractional resurfacing treatment. A sunscreen with SPF 20-30 plus zinc oxide or titanium dioxide should be worn throughout the treatments.
- Your laser procedure may include more than one treatment. We will present a treatment plan for you upon consultation and evaluation of your response to the laser system
- Please discontinue the following products two weeks prior to surgery: Aspirin, Motrin, Aleve, Ibuprofen, Excedrin, Vitamin E, Ginko, St. John's Wort and any photosensitive drugs such as Tetracycline, Minocycline with the permission of your primary care doctor.
- Active skin care products such as Retin A, Retinol, Renova, glycolic acid products, night creams with alpha hydroxy acids should be discontinued throughout these treatments. Mild cleansers, toners, moisturizers may be used immediately after treatment.
- You will be asked to remove your make up (can be done at clinic) and jewelry before a procedure. Contact lenses may be worn.

After your Resurfacing Treatment

- Application of cool gel packs and topical creams prescribed immediately following treatment can help improve post treatment itchiness and stinging that may occur.
- Edema, and sometimes blanching, is expected immediately post treatment and generally resolves within 24-48 hours. It may last up to 3-5 days in some clients.
- Clients may experience significant redness, broken capillaries or bronzing in the treatment area or 1-3 days after treatment. This may persist in a mild form for several weeks particularly in areas other than the face.
- Gentle cleansing and use of non-irritating cosmetics is permitted after treatment. The use of retinoids should be avoided during the treatment period.
- New skin will begin to form and it is essential to avoid injury and sun exposure at least two weeks following treatments. It is highly recommended that clients use a sunscreen with SPF 30 or higher containing UVA/UVB protection along with a sun blocker such as zinc oxide or titanium dioxide between treatments.
- Once the treatment area has healed, some itching or dryness may occur. This will gradually clear. The use of non-irritating moisturizers may provide some relief.

If you have any questions or concerns, please call our offices at 859-264-0006.