



## **1540 Fractional Non Ablative Resurfacing Procedures**

### **Pre Treatment Instructions:**

- Avoid sun exposure (apply sunscreen daily and do not tan at all – including self-tanner) for at least 2 weeks before and after treatments.
- Do not use any retinol products (or products containing tretinoin) or exfoliants on the area to be treated for one week.
- Must have discontinued Accutane (or isotretinoin products) for at least 6 months prior.
- Inform your doctor if you have a history of hyperpigmentation.
- Inform the history of Herpes or cold sores, as we will write you a prescription for a prophylactic antiviral therapy to start on the day of the treatment to prevent a flare up of cold sores. If you have a current prescription, Valtrex 500mg should be taken by mouth twice daily on the day before, the day of, and the day after your treatment.
- Notify us if you have had any cosmetic tattooing on or near the area to be treated.
- Aspirin, Motrin, Aleve, Ibuprofen, Aleve, Excedrin, Vitamin E, Ginkgo and St. John Wort should be avoided if possible few days before
- Photosensitizing medications including doxycycline and minocycline should be discontinued three days prior to the treatment.
- Anticipate a social “down-time” of 3-5 days before any redness, swelling, peeling has subsided.

### **On the day of your appointment:**

- Arrive with a clean face, free of makeup. A topical numbing cream will be applied to the treated area in the office. Jewelry will be removed prior to procedure. Contact lenses may be worn. You do not need a driver to assist you.

### **Post Treatment Instructions:**

- Using the ampules from the Biopelle Tensage Interactive Serum 40 box:
  - Apply twice more the day of the treatment
  - Apply to the affected area twice a day (AM once, PM once)
  - [YouTube Link for Instructions](#)
- The sunburned feeling and swelling usually last 1-3 hours. Applying ice will give relief and reduce the swelling duration.
- Edema, redness, blanching is expected and generally improves in 24-48 hrs, but can be covered up by applying makeup.
- Your skin will be fragile. Use a gentle cleanser, do not rub the skin and avoid hot water during this time. Do not use your Clarisonic or a loofah for one week.
- No shaving over treated area as long as it is red and/or swollen
- Itching and dryness may occur and we recommend post procedure healing Growth Factor and a Hydrating Moisturizer. Discomfort may be treated with Tylenol
- Avoid all injury and sun exposure for at least 2 weeks and during treatment series. We recommend Sunscreen SPF 50 with UVA/B protection with Zinc or Titanium Dioxide to be continued throughout treatments.
- Avoid excessive heat or friction to the treated area (heavy exercise, saunas) as well as swimming pools or hot tubs for one week.