



Three For ME

(1540 Fractional Non Ablative Resurfacing and IPL Combined Laser Treatment)

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. SPF 50 with Zinc or Titanium Dioxide is recommended throughout treatments
- Do not use any retinol products (or products containing tretinoin) or exfoliants on the area to be treated for one week.
- You should not be on Accutane (or isotretinoin products) for at least 6 months prior.
- Inform your doctor if you have a history of hyperpigmentation.
- Inform us if you have a history of Herpes or cold sores. 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.
- Inform us if you have any cosmetic tattooing or microblading of brows on or near the area to be treated.
- Photosensitizing medications including doxycycline and minocycline, zithromax, and Ciprofloxacin should be held three days prior to the treatment.
- Ibuprofen, Motrin, Aleve, Advil, Excedrin, Vitamin E, Ginkgo, St. John Wort should be avoided the days previous if possible
- Active skin care products including retinoids, glycolic acids, benzoyl peroxide and acne topicals should be avoided the days around these treatments.
- Anticipate a social “down-time” of 2-5 days before any redness, swelling and sloughing of the sunspots has subsided.
- If you are pregnant, or may be pregnant you cannot undergo treatment.
- Makeup and jewelry should be removed before the procedure.
- 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/cold compresses 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.
- There may be a slight amount of swelling. Crusting or blistering is uncommon and not serious. Pigmented areas may begin to flake after a few days. Makeup is okay to use.
- Use a gentle cleanser, do not rub the skin and avoid hot water during this time.
- No shaving over treated area as long as it is red and/or swollen. Do not use any retinoids, tretinoin, alpha or beta hydroxy products, vitamin C products, scrub, exfoliate, or have chemical peels performed on the areas treated area for one week or fully healed.
- 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.
- Sun spots and age spots will DARKEN. Do not pick these spots once they become dry. They will lift and fall off on their own.

Please call us at (734) 249-8722 for any concerns

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