



TRINITY DERMATOLOGY

Fractional Laser Skin Resurfacing Skin Care Treatment

PRE CARE INSTRUCTIONS

The **Fractional** laser resurfacing treatment is designed to perform “micro” ablation (epidermal removal) to your skin’s surface. Microablation or fractional resurfacing is achieved through the process known as fractional photothermolysis. It is this “fractional thermolysis” process that allows your skin to be treated in “small pin point like sections.” This process leaves your newly lased skin with untreated skin around the treatment sites that hasten the overall healing process. During any given laser session with the Pixel laser, approximately 30-70% your skin’s surface is actually being treated, depending on the aggressiveness of your treatment. If you looked at your skin closely, you would see a “net” like pattern, or what appears to resemble the pattern of a window screen or of fabric netting. It is this 30-70% of treated skin with the pixilation that creates this “netting” pattern.

You can anticipate having some degree of redness to your lasered skin, as well as inflammation within 15 minutes to 1 hour of your treatment. The amount of redness depends on your own genetic make up, as well as the aggressiveness of the treatment performed. Some people tend to become redder than others and some will experience a longer lasting redness as well. You can expect swelling for up to 12-24 hours, and redness from 3-4 hours up to 3 to 4 days. After the redness subsides, anticipate a chapped or rough texture to the skin. This treated skin may darken a bit and slough off on its own within 5-7 days. We ask you to plan your laser treatments when you do **NOT** have any social engagements, vacations, or photo requirements within 7 days of your treatment.

The Fractional laser treatment is indicated for the following:

- Improvement of the skins surface; weathered, sun damaged, pigmented irregularities
- Wrinkles / fine lines
- Superficial moles and actinic lesions
- Skin tags
- Scars. This includes acne scars of the face, neck, chest, back and arms
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PRIOR to your treatment, you may prefer to have a test spot done so that you know what to expect as well as how much “social” downtime you need to plan for.

You may be asked to begin using a “fading cream” on your skin prior to and during your laser treatments. Research has shown that the use of such creams enhances the results of your laser treatments by participating in the overall reduction of discoloration, mottling, melasma and solar induced sun spots. We suggest a fading cream, such HQRA that we dispense in the office.

If you have a history of cold sores, you MUST inform the office prior to any laser treatments so that we may give you a prescription for an oral anti-viral medication to be taken the day before, of, and after your laser treatment. This is done to avoid any cold sore exacerbation that could occur due to your laser treatment.

You will be expected to use CeraVe or Cetaphil cream , Aquaphor ointment, and a gentle cleanser. Make sure you have these on hand prior to your treatment.

It is advisable to have Advil, Tylenol, aspirin, or something of that nature on hand for any inflammation you may develop. You may also want to have benedryl tablets as well, since it too can decrease inflammation. Take **ONLY** if you are not allergic, and do not take if you are on other medications that contraindicate their use.

Make sure you have all of the necessary items listed below PRIOR to your treatment:

- Bring a hat that will shield your face from the sun – large brimmed – this is very important for your drive home. If your hands were treated, bring gloves or sunscreen to apply so you do not have sunlight exposure to them.
- Rx for cold sores – if applicable – begin taking one tab 2 days before, the day of and the next 2 days after your laser



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- *Mineral powder make-up / powder brush applicator – lightly apply only if necessary (if applicable)
- *SUNSCREEN > 30 (purchased in our office) Elta MD , or Neutrogena (OTC)
- *Gentle cleanser – **CeraVe** Cetaphil liquid cleanser is recommended
- *Aquaphor ointment (over the counter) You will need this for the first two days and then each night for 5-7 nights.
- *Advil, Tylenol, Aspirin and /or Benedryl tabs as needed for discomfort, swelling.

To insure your laser treatment yields the best possible results, it is necessary that you follow the pre-laser as well as the postlaser instructions completely.

Persons who should NOT have the Fractional laser resurfacing treatment performed include:

- Bacterial or Viral infection - Please make sure you inform us of any history of cold sores.
- A recent history of Isotretinoin use (< 6-12 mo) ACCUTANE / SORIATANE prescriptions
- Scleroderma or other connective tissue disease as well as any autoimmune disorders
- Extensive radiation therapy to the area to be treated
- Burns on the area to be treated, bruising, allergic reactions, or other dermatitis type reactions
- A recent history of moderate to deep chemical peeling < 6 months
- A recent history of CO2 or Erbium Yag laser resurfacing < 6 months
- Persons who cannot avoid direct UV exposure from the areas to be treated

It is extremely important that you inform us in advance of any condition that may be contraindicated to the success of your treatments or could potentially become worse from such Fractional laser resurfacing treatments.

I have read the patient information for **PIXEL** or **Fractional laser resurfacing** treatments and understand and consent to the treatment, performed by

I am aware of the risks, benefits and alternative treatments available to me and I have had my questions and concerns answered prior to this procedure. I have received a copy of the pre and post care instructions and have supplied any necessary medical information that could affect my treatment outcome.

_____ Name	_____ Witness
_____ Date	_____ Date