

Non-Ablative Fractional Laser Treatment

Pre-Treatment

- DO avoid tanning or tanning bed use before the laser procedure.
- Do NOT use exfoliantss such as Retin-A, Renova, Tazorac, or glycolic acid for about 3 days prior to procedure.
- Do come to the appointment with the treatment area clean, free of any lotions or creams.
- DO shave any hair in the area to be treated.
- DO let the nurse or physician know if you have a history of cold sores or oral herpes, as you may need to take an oral anti-viral medication 3 days prior to the procedure.

Post-Treatment

- DO use ice packs to reduce swelling as needed in the first 24 hours.
- Expect redness and swelling for 3-5 days.
- DO avoid sun exposure or 2 weeks after treatment. Wear a broad-rim hat and sunglasses.
- DO use sunscreen once the skin is not sensitive to the touch (often 24-48 hours).
- DO apply healing cream (i.e. Aquaphor, Biafine, or other healing cream recommended) three times a day for 1 week.
- Do shower as usual, using a gentle cleanser (Cetaphil, CeraVe) on the treated area.
- DO feel free to apply make-up unless there are areas of broken skin.
- Do NOT undergo or use exfoliants, scrubbing, microdermabrasion, chemical peels, facials, shaving, and waxing on the treated areas for 2 weeks.

Follow-Up

3-5 sessions scheduled about 1 month apart may be necessary.
Treatment consistency is very important to achieve maximal improvement.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.