

Fractional Ablative Laser Resurfacing Treatment

Pre-Treatment

- DO avoid tanning or tanning bed use before the laser procedure.
- DO NOT undergo this procedure if you have been treated with Accutane (isotretinoin) within the last 6 months.
- Do NOT use exfoliants such as Retin-A, Renova, Tazorac, glycolic acid for about 1 week prior.
- DO come to the appointment with the area clean, free of any lotions or creams.
- Do NOT wear makeup, mascara or eyeliner.
- DO shave any hair in the area to be treated. For men, this may mean shaving twice.
- DO let our team know if you have a history of cold sores, as you may need to pre-treat with an oral anti-viral medication three days before your scheduled procedure.
- DO come early for numbing application and mild sedation.
- DO arrange for someone to drive you to and from the appointment.
- DO consider our Super-B12 shot which can boost wound healing.

Post-Treatment

- DO use ice packs to reduce swelling as needed in the first 24 hours.
- DO expect oozing and crusting of the skin for 4-7 days. Redness may last 2-3 weeks.
- DO apply healing cream (i.e. Restorative Ointment, Aquaphor, or other healing cream recommended) three times a day for 1 week.
- DO use Vinegar and Water solution soaks to reduce stinging, itching, and crusting. Vinegar and Water soaks are made by soaking multiple washcloths or gauze in 1 tablespoon of White Vinegar to 2 cups of Distilled Water. Apply soaks to face 3-5x/day.
- DO shower as usual, using a gentle cleanser (Cetaphil, CeraVe) on the face.
- DO avoid sun exposure for 2 weeks after treatment. Wear a broad-rim hat and sunglasses.
- DO take Tylenol or Vicodin as needed for pain, do NOT drive while on Vicodin.
- Do NOT use makeup until the skin is healed (approximately 1 week).
- DO use sunscreen once the skin is completely healed, about 7 days after procedure.
- Do NOT undergo or use exfoliants, scrubbing, microdermabrasion, chemical peels, facials, shaving, and waxing for 2-4 weeks after the procedure.

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