

ELOPOULOS

PLASTIC SURGERY & MED SPA

Fractional Non-Ablative Laser Treatments

Pre Care/Instructions

- Discontinue the use of exfoliating creams, Retin A/Retinol and other exfoliating agents 7 days prior to, and during treatment, and 10 days after treatment. Ideally, patients can pre-treated with **Alastin Skincare Pre-Procedure System** to be used 2 weeks before, and continued postop, to expedite healing. Please speak with her provider to learn about this great option.
- If you have ever had a cold sore in the past, Antiviral prophylaxis against cutaneous herpes simplex virus infection is recommended before any full-face or perioral resurfacing, beginning 2 days before treatment, the day of the treatment, and 2 days post treatment. Please let the office notes to have a history of cold sores, so that a prescription for Valtrex can be called in for you.
- Topical anesthesia is recommended as a pre-treatment for comfort during the combination treatment. Topical anesthetic should be used under the appropriate medical guidelines and supervision. The anesthetic should be thoroughly cleansed from the area prior to treatment.
- Skin should be thoroughly cleansed and free of lotions, make-up, or oils before being treated. To ensure that skin is completely dry, use an alcohol pad. Wash afterwards to remove alcohol.
- **Any hair that lies on the skin surface during treatment will absorb laser energy, limit full contact, and cause unnecessary discomfort or present other complications to the skin. Therefore, all treatment areas should be reasonably clear of hair prior to treatment. Hair that is singed during treatment should eventually grow back.**
- **Avoid sun exposure and tanning beds. Use sunblock (SPF 45 or higher) and protective clothing and hat for at least 2-3 weeks prior to treatment. Also be advised to avoid sun exposure 4 weeks post treatment.**
- An increased length of social downtime is associated with the level of treatment that is chosen by the treatment provider. Ensure the patient understands and accepts the potential downtime.
- This treatment is not recommended if pregnant or nursing.

Post Care/Instructions

- Application of cool gel packs and appropriate OTC Hydrocortisone 1% (for redness) and mild moisturizer immediately following treatment can help alleviate post treatment itchiness and stinging that may occur.
- Edema, and sometimes blanching, is expected immediately post-treatment and generally resolves within 24-48 hours. It may last up to 3-5 days in some patients.
- **Those being treated may experience significant redness, broken capillaries and bronzing in the treatment area for approximately 1-3 days after treatment. This may persist in a mild form for several weeks particularly in areas other than the face.**
- Following a more aggressive treatment, it may be helpful to use an occlusive ointment such as **EltaMD Moisturizer** on the skin after treatment during the healing process to help minimize trans-epidermal water loss which may result in significant desquamation or crusting. Itchy irritated skin is commonly seen between days 2-5. We recommend continuing the **Alastin Skincare System** post treatment to expedite healing.

- To help remove debris and bronzing of skin that can appear 1 to 4 days after treatment, soak treated areas for 5-15 minutes with gauze or wash cloth wet with water, then gently remove debris. Do not pick at or scrub the treated areas.
- Gentle cleansing permitted after treatment. Nonirritating cosmetics are permitted in 24-48 hours as long as you are using clean makeup. It is suggested that retinoids be discontinued 1-2 weeks prior to the initial treatment and throughout the course of treatment. The use of retinoids during the treatment course may result in undesirable side effects and prolonged healing.
- Those prone to acne outbreaks should avoid heavy make up or moisturizers for 24 hours post treatment.
- **NOTE:** After treating striae (stretch marks) it is recommended to avoid tight-fitting clothes that will rub against treated area until swelling and soreness have subsided.
- **As healing occurs, patients should avoid injury and sun exposure for at least 4 weeks before/after treatments. You can only return to sun exposure after 4 weeks if skin has returned to normal coloration. It is highly recommended that patients use a sunscreen with SPF 45 or higher containing UVA/UVB protection between treatments, along with a sun blocker such as zinc oxide or titanium dioxide. Also avoid excessive heat to the face or treated area, including hot tubs, facials, saunas, and avoid exercise for 3 days.**
- **Those being treated should continue to use SPF 45 or higher up to 6 months following final treatment whenever they are outside.**
 - Once the treatment area has healed, some itching or dryness may occur. This will gradually clear. The use of non-irritating moisturizers may provide some relief.
- Be advised to contact our office if there are any issues or concerns following the treatment.

Possible Side Effects:

- A low risk of prolonged itching, redness, and bruising.
- A risk of hyperpigmentation, hypopigmentation, burns, bruising or blistering may occur, some of which may result in scarring. These complications usually are due to stacking pulses, or utilizing too many passes, at higher energy levels.
- Transient erythema (redness) or edema (swelling) immediately after treatment.
- **Bronzing, which is brown debris on the surface of the skin, may develop a few days post treatment. This side effect is a desirable clinical end-point.**
- Risk of infection following treatment, potentially resulting in side effects mentioned above.
- Acne breakouts.
- Post-Inflammatory Hyperpigmentation (PIH).
- Reduced social downtime.

You are advised to call our office if any of the above occurs.

