

FRACTIONAL RESURFACING INSTRUCTIONS

Prior to the procedure, you should:

- Not have sun exposure or tanning within 10 days
- Not use self tanning lotions within 10 days
- Not have laser or IPL procedures within 3 weeks
- Not have plucking, waxing or peels within 3 weeks
- Not have taken Accutane within 6 months
- Not have used retinoids within 2 weeks
- Never have taken gold or silver treatments of any kind.
- Not have Botox or fillers within 1 week before or after the procedure
- Take anti-viral therapy beginning 2 days before the procedure and continue for 5 days after.
- Not take aspirin or other anti-inflammatories for a week prior to the treatment
- Discuss your medical history completely particularly in reference to previous scarring or keloid formation, implants of any type including cheek and breast, bleeding tendencies, allergies, medications and sun sensitivity.

The day of the procedure, you should arrive an hour early to allow for the proper forms to be signed. The topical anesthetic is applied at least 30-45 minutes prior to the procedure. It is rare that anyone needs more anesthetic than the topical cream applied at the office. Sedatives are generally not given prior to the procedure.

After the procedure, ibuprofen or Tylenol typically is all the analgesic required. If you take a sedative, tranquilizer or pain medication prescribed by your primary care physician, please let us know so proper precautions can be taken.

Many people will have a bit of swelling or edema after the procedure. This is normal and over the counter antihistamines may be used. This typically subsides in 24-48 hours.