

## Fractional Resurfacing Instructions

Prior to the procedure, you should:

- 1) Not have sun exposure or tanning within 10 days
- 2) Not use self tanning lotions within 10 days
- 3) Not have laser or IPL procedures within 3 weeks
- 4) Not have plucking, waxing or peels within 3 weeks
- 5) Not have taken Accutane or other retinoids within 6 months
- 6) Never have taken gold or silver treatments of any kind. If you have, discuss this with Dr. Grimsley
- 7) Not have Botox or fillers within 1 week before or after the procedure
- 8) Take anti-viral therapy beginning the day before the procedure and continue for 5 days afterwards. If you need a prescription, ask Dr. Grimsley
- 9) Not take aspirin or other anti-inflammatories for a week prior to the treatment
- 10) Discuss your medical history completely particularly in reference to previous scarring or keloid formation, implants of any type including lip, 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 and the anesthetic to be applied. The topical anesthetic is applied and should remain on your skin at least 30-45 minutes

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.

Although complications are not common and rarely cause permanent problems, they can occur. The most common are acne like eruptions and herpetic outbreaks (fever blisters). Both will resolve spontaneously. Some people will have prolonged redness and/or swelling. Again this resolves spontaneously. Rarely hyperpigmentation (dark areas) or hypopigmentation (light areas) can occur and these usually resolve spontaneously. Bacterial infections are rare but can occur

Most importantly you should have all your questions answered prior to the procedure!