



## Pre Fractional Laser Resurfacing Guidelines

Think of your skin as a custom portrait or digital photograph in need of high-quality restoration or touch up. Just as a damaged painting is delicately restored one small area at a time, or a photographic image is altered, the Fractional Laser Treatment improves your appearance by affecting only a *fraction* of your skin at a time. It treats the skin with hundreds of laser micro-beams that penetrate in narrow, deep columns, from the epidermis down into the dermis, while leaving your skin surface intact. The tissue targeted within the beams triggers a healing process, accelerating the production of collagen and formation of new, tighter tissue. Fractional skin resurfacing treats 20 to 25% of the skin during each session, requiring multiple treatments within an extended period of time. The number of sessions will depend on the condition being treated. On average, effective treatment regimen suggests 3 to 5 sessions, spaced 3 to 4 weeks apart. Results are immediate and progressive. Over the course of six months, new collagen is formed, creating more youthful skin. This technology offers results without the long downtime and prolonged redness associated with other technology.

Fractional Laser Resurfacing is a new treatment for fine lines and wrinkles around the eyes and mouth area. It helps with pigmentation disorders, like Melasma, age and sun spots, and full face sun damaged skin or as a preventative against aging. It helps to smooth out the appearance of mild acne and surgical scars along with improvement in stretch marks and striae. Fractional Laser Resurfacing has recently become available at Carolina Aesthetics and is providing anti-aging and preventative solutions for our clients.

### Preparing for Treatment

Discontinue topical Retin A, Renova, Differin, Tazorac, and any product containing retinol, alpha hydroxy acids, beta hydroxyl acids, or benzoyl peroxide 5 to 7 days before treatment and after treatment.

Take antiviral medication (Valtrex, Acyclovir) as prescribed, if there is a known history of fever blisters, as laser/IPL and heat can reactivate the herpes virus.

Avoid waxing, electrolysis, depilatory creams, laser hair removal and chemical peels in treatment areas 1 week before and after IPL. All peeling and redness should be subsided by the day of treatment.

Procedures, including IPL, cosmetic fillers, and Botox may be performed 2 weeks before and 2 weeks after Fractional 1540 laser resurfacing.

Avoid sun exposure and tanning beds on all areas being treated, especially in between treatments. Apply a sunscreen with UVA and UVB protection of SPF 30 or greater daily to sun-exposed skin.

### Contraindications (we do not treat 1540 fractional with the following conditions)

Pregnancy, light induced seizures (epilepsy, etc.), Lupus, diabetes (ok if a good wound healer), Scleroderma, Ehlers Darlos (collagen stimulates this disorder), history of blood disorders; if you are taking medication such as

Systemic steroids (prednisone, dexamethasone, etc.), antihistamines, certain antibiotics, blood thinners, if you have taken Accutane in the last 6 months, St. Johns Wort, ginseng, ginkgo or other blood thinning herbs.

Avoid all aspirin products, ibuprofen, vitamin e, and fish oil for 5 to 7 days before treatment to prevent bruising.

Fractional Laser Treatments can be performed at Carolina Aesthetics using topical anesthesia. Treatment is well tolerated and feels like a prickling sensation. The treatment takes anywhere from 20 to 45 minutes.

### **During Treatment**

The Aesthetician will glide the laser hand-piece across the area to be treated (face, neck, chest, hands or desired treatment location). As the hand-piece delivers the laser energy in tiny "dots", you will feel a heated prickling sensation and hear a sound from the machine that resembles radio static. Your Aesthetician will apply a cool ice roller after your treatment is complete. Plan to go home after the procedure and keep your skin cool.

### **What Happens After Treatment**

You will experience a mild sunburn sensation for about an hour. The skin will have a pinkish tone for five to seven days. This is a normal sign that the skin is healing deeply, that dermal tissue is being repaired, and there is good blood circulation. Swelling is minimal and generally resolves in two to three days.

Clean, cold gel packs or ice packs may be applied to the treated area for 10 to 15 minutes every 2 to 4 hours, as needed, and will reduce discomfort and heat sensation. You may take Acetaminophen or Ibuprofen if necessary after treatment is completed.

You may only use the topical crème or gel you are given for the first 24 hours. You can shave or apply make-up after 24 hours have passed.

If you wear sunglasses, make sure they are clean to avoid complications. If you bring them in at treatment, we can clean them for you.

### **What Happens When You Go Home**

New epidermal skin develops immediately, within 24 hours. The process of skin repair can range from redness and swelling to bronzing and flaking. This process can last from 3-14 days, depending on the treatment level. Your skin will naturally exfoliate as the reorganized epidermal skin replaces the treated tissue. If flaking is present it is similar to that of minor sunburn, but without the associated pain. Use of a recommended moisturizer will mask the appearance of dryness or flaking. Over the following weeks and months, the body repairs collagen in the deeper dermal tissue that has been treated by the Fractional Resurfacing laser, producing longer beneficial changes associated with a healthy, youthful appearance.

Be sure to use sunscreen at least twice daily to protect your skin from sun exposure 72 hours after the treatment, and for several months after treatment. A sun block with UVA and UVB protection of SPF 30 or more is recommended. For added protection, use wide-brimmed hats when in direct sunlight. Adhere to the post care instructions.