



## Pre and post ResurFX /HALO/ Fractional Skin Resurfacing Laser Treatment instructions:

If you are planning a cosmetic injection of dermal fillers (Juvéderm, Restylane) this may be done 4 weeks prior or 4 weeks post treatment.

Wait at least 2 weeks from other cosmetic treatments. This includes neurotoxins (Botox, Dysport), lasers Ultherapy, etc.

### Before your treatment:

- You must have had no sun exposure 1 month prior to treatment (nor 1 month post treatment).
- Discontinue any Retin-A, Retinol, Renova, Differin and Tazorac, Alpha-hydroxy acid (AHA), bet-hydroxy acid (BHA) or benzoyl peroxide products 5 days prior to treatment (also 10 days post treatment.)
- Have your Valtrex prescription filled and take starting 1 day before the treatment.
- Arrive to your appointment 45 minutes prior for numbing of the area.
- If you have a beard, trim to what would be equivalent to a "2-day shadow."
- Arrive clean faced without make-up, moisturizers, or lotions.
- Wear or bring a button-down shirt so as not to pull anything over the face or across the body after treatment.

Lumenis M22 ResurFX Fractional and HALO Skin Resurfacing Laser Treatment produces some side effects. The intensity and duration depend on the treatment aggressiveness and your individual healing characteristics. Generally, patients who are treated more aggressively experience more intense, longer lasting side effects. However, some patients who receive a less aggressive treatment may experience greater than expected side effects, others receiving more aggressive treatments may experience side effects of less-than expected magnitude. Notify your provider at ATD if the severity of your side effects becomes a problem for you.



## **What to expect after your procedure:**

After treatment your skin will be red and flushed like a moderate sunburn. The redness should be greatly reduced within 24-48 hours. During the healing process you may experience swelling, burning, itching, bruising, soreness, skin tightness, flakiness, sensitivity, and dryness. It may take up to 5-7 days for the skin to heal depending on the extensiveness of your treatment. **USE ONLY THE PRODUCTS WE GIVE YOU FOR THE FIRST FOUR DAYS.** Make sure to wash your face with cool water and the cleanser that we provide, only gently pat your skin dry. Mineral based sunscreen with SPF of 45 should be applied and reapplied every 60-90 minutes while outdoors.

On day 1 it is normal and expected for your skin to feel red, sun burnt, tight, dry, swollen, and sensitive to the touch. You may also experience some stinging. Drink plenty of water, avoid make up and use only the products in your post treatment kit, stay away from exfoliants or glycolic acid that are present in cleansers as these can make your skin very dry after the procedure. Use **TYLENOL** for pain but avoid anti-inflammatory medications such as **MOTRIN** and **IBUPROFEN** as these may decrease the wanted effects of the procedure.

You will experience redness, swelling, after a few days a bronzed appearance. Most swelling will be noticeable on the first morning after treatment. Swelling usually lasts two to three days.

### **To minimize swelling:**

Apply cold compresses to the area for 10 minutes of every hour on the day of treatment, until bedtime. Sleep with head elevated on pillows the first night.

Noticeable pinkness over the next few weeks. Most resolves during the 1st week. A rosy "glow" can remain several weeks.

- Heat sensation can be noticeable for 1 — 3 hours following your treatment.
- Your skin may feel dry, peel, or flake. You may notice a "sandpaper" texture a few days after treatment. This is the treated tissue working its way out of your body as new fresh skin is regenerated.
- Cold Sores may develop. Contact your provider regarding care. After your treatment: **ATD** and its staff are leading experts in laser skin care and will bring you to better skin health. You have taken the first step toward more healthy, radiant looking skin. It is important to help your skin heal quickly and protect your skin investment.



## **Skin Preparation:**

### **Pre-procedure treatment:**

Start 14 days prior to your procedure:

1. Cleanse with gentle cleanser AM/PM
2. Apply regenerating skin nectar with TriHex technology AM/PM
3. Apply Ultra Nourishing moisturizer AM/PM
4. Apply antioxidant moisturizing sunscreen 50+

### **Post treatment instructions treatment:**

**Use ONLY your Pre/Post treatment kit.**

#### **Evening of procedure day:**

1. Cleanse with gentle cleanser
2. Apply regenerating skin nectar with TriHex technology
3. Apply soothe+ protect recovery balm

#### **1<sup>st</sup>, 2<sup>d</sup> and 3<sup>rd</sup> day:**

1. Gentle cleansing with gentle cleanser AM/PM
2. Apply regenerating skin nectar with TriHex technology AM/PM
3. Apply soothe+ protect recovery balm as needed
4. Apply antioxidant moisturizing sunscreen 50+ daily

#### **4<sup>th</sup> -15<sup>th</sup> day:**

1. Gentle cleansing with gentle cleanser AM/PM
2. Apply regenerating skin nectar with TriHex technology AM/PM
3. Apply Ultra Nourishing moisturizer AM/PM as needed



4. Apply Sheer physical sunscreen 50+ Daily.

15<sup>th</sup> day:

Retinol A 3X may be resumed 15 full days after treatment if treatment area is free of flaking, redness, and irritation.

Once dry skin starts to flake off, please allow your skin to heal and DO NOT scrub, rub, or use exfoliants.

- **First Week of Healing.** Keep treated area clean; avoid smoking, excessive alcohol consumption, excessive exercise, perspiring, swimming, yoga or exposing skin to heat and sun.
- **First few weeks your skin will be sensitive after treatment.** Do not use products that will cause irritation for a minimum of 5 days after treatment. Do not use bleaching creams, abrasive scrubs, toners, or products that contain glycolic acids or retinoids.
- **Normal Skin Care Regimen.** Once all dry skin has flaked off and your skin is fully healed, you may resume your routine skin care and make-up products, if they are tolerable to you. We recommend a mineral based make-up.
- **Sunscreen.** Use sunscreen immediately after treatment. Continue to use to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA and UVB) and have an SPF of 30 or more. Apply sunscreen 20 minutes before going outside. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Diligent sunscreen use may lower the risk of laser-induced hyperpigmentation (darker skin color).
- **Moisturizer.** Remember that peeling and/or flaking is normal. Therefore, the moisturizer you use should be non-irritating and non-clogging, or else you could develop breakouts. Reapply whenever your skin feels dry.

**Abnormal Healing.** If you notice any side effects that seem severe or are not listed here, please contact us at 248 267 5020

