

## Fractional Laser Instructions

**Please review the following instructions prior to your scheduled treatment.**

If you choose to take a sedative in our office for your procedure, you will need a ride home from our office. No exceptions will be made.

If you have a history of cold sores/ HSV, please inform us and we will prescribe an antiviral medication for you to start taking the day before your treatment.

Wear loose fitting clothing that buttons or zips up the front. Please arrive with a clean face. Bring a broad brimmed hat and sunglasses to wear home from our office.

Failure to precisely follow prescribed post-op care can lead to complications and scarring.

No strenuous exercise: Do not participate in any strenuous exercise (i.e. bending, squatting, straining, or heavy lifting) until all redness has completely resolved. Avoid activities that cause excessive perspiration.

Recovery process: The recovery process will vary from patient to patient. On average, 6-7 days on the face, and 7-10 days off face (neck, décolletage, dorsum of the hands, arms, etc.)

Immediately post and up to 3 hours after treatment, the treated area may have a burning sensation similar to a sunburn. Your skin may appear uneven, red, and/or mixed with brown, or caramel colored.

### Post Procedure Instructions

Start vinegar compresses (see below) 2 hours after your procedure and continue 4-6 times daily until all crusting has peeled off and your skin has fully healed. This may take anywhere from 4-7 days.

**Vinegar compress instructions:** Mix 1 teaspoon of plain white vinegar with 2 cups water. This solution may be mixed ahead of time and put in the refrigerator. Take gauze pads and soak them in the water/vinegar solution. Ring out any excess and then lay it over the treated area for 10-15 minutes like a compress. When done soaking, gently pat the treated area dry with clean gauze pad. You cannot soak too much. Soaking will reduce redness and speed healing. Apply Aquaphor or an ointment given to you in our office the day of procedure after each vinegar soak. Repeat this procedure 4-6 times daily until all crusting is gone. You can gently wash the area using a mild cleanser (Cetaphil) and a clean washcloth to begin removing dead skin, however, DO NOT pick at any peeling or dead skin.

For mild pain, you can take acetaminophen (Tylenol) for discomfort. Do not take aspirin or aspirin related drugs during the healing period. Some patients experience a high level of itchiness for 2-3 days. You may take Benadryl if needed, and make sure the areas stay moist with the topical ointment.

Avoid the sun while healing as much as possible. Otherwise, wear a large brimmed hat and mineral sunscreen, even on cloudy days and when driving. Once the skin is completely healed (skin is not broken, crusting phase has subsided, and treated area is smooth, red, and pink) you may discontinue soaks and ointments.

Call the office if you have any questions or concerns. Call immediately if you see significant discharge, cysts or pustules, or develop a fever (203)557-6464