

## Post-Treatment Instructions for Fractional 1540 Laser

A "sunburn" like sensation is expected. This usually lasts for 2 to 24 hours, but can persist up to 72 hours. Mild to moderate swelling and /or redness may accompany this, which usually resolves in 2 to 3 days. Prolonged redness can last for up to a few weeks after treatment, depending on the treatment. Blisters can occasionally appear in the treatment areas. Treated area must be cared for gently. Elevate head at night to relieve swelling. Clean, cold gel packs or a cool / ice compress 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 Ibuprofen (Advil) or naproxen (Aleve) if necessary, only after treatment is complete. Avoid foods that are high in sodium for a few days as this can increase swelling.

Pigmented areas can appear to be darker after treatment is done. As your skin cells shed over the next 7 to 14 days, this pigment will lighten. There may be an eruption of small pimple like bumps (milia) that can appear after treatment, and usually subside in a few days. There is a chance of tiny pinpoint bruises that can appear and usually subsides in a week. You may use vitamin K (Auriderm) or Arnica to speed up healing.

Do not cleanse or apply any topicals in the area being treated for 12 hours after treatment is complete, unless instructed by your technician. When bathing or showering, clean the areas very gently with a mild cleanser and cool water. Use only mild moisturizers starting the day after treatment. Avoid excessive scrubbing or exfoliants. To prevent spreading bacteria in the treated area, avoid touching your skin.

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 and heat can reactivate the herpes virus.

Avoid waxing, electrolysis, depilatory creams, and chemical peels in treatment areas 2 weeks before and after Fractional 1540 laser resurfacing. 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.

Repeat treatments may be performed every 3 to 6 weeks if the skin has fully recovered, for optimal results. Full healing, recovery and collagen remodeling may not be evident until 4 to 6 months after your last treatment.

### FOR THE NEXT 2-3 DAY RECOVERY

Avoid hot showers, saunas, and hot tubs. Do not go swimming in chemical treated pools, and do not do anything that would cause excessive perspiration.

**Call Carolina Aesthetics at 864-233-8088 immediately if a blister or other problems occur.** Keep unpetroleum jelly, Aquaphor, or Vaseline on the area until the blister subsides.

