PIMA DERMATOLOGY

ProFractional™ Pre and Post Care Instructions

Scheduling Considerations: This treatment requires up to 10 days of healing, which may include swelling, redness, pinpoint bleeding, bruising, and peeling. You'll need to avoid strenuous exercise, sweating, swimming, hot tubs, and sauna use. Please avoid scheduling your treatment close to vacations, travel, special events, outdoor activities, family photos, or other important plans during this healing time.

Pre Treatment Instructions:

21 days before treatment:

- If you are prone to hyperpigmentation, your provider will prescribe a topical skin bleaching cream to use a minimum of three weeks prior to your treatment.

3 days before treatment:

- Stop all topicals, with the exception of a plain moisturizer, gentle cleanser and sunscreen. You must avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, "Groots", Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other "anti-aging" or acne products. Also avoid waxing, tweezing, or the use of hair removal cream on the area to be treated, and excessive sun or heat exposure.
- Inform your provider if you have a history of recurring facial or oral herpes (cold sores / fever blisters) to receive advice on antiviral therapy prior to treatment.
- Do not have a ProFractional treatment if you are pregnant.
- Inform your provider if you have used Accutane/Isotretinoin in the past year or have recently used topical medications or antibiotics, or anti-coagulants.
- Avoid having dermal fillers injected 1 month prior to procedure. Wait a minimum of 2 weeks after the procedure to have dermal fillers injected.
- Bring a hat and sunglasses to the procedure as you may be sensitive to the sun and heat when you leave the office.
- Try to arrive to the office with a "clean face". Please **do not wear makeup**, if possible.

Immediately Following Treatment:

- Following treatment, you can begin using an occlusive barrier, i.e. EltaMD® Moisture Seal, taking care to cover all treated areas. The occlusive barrier is needed to provide a protective barrier that will hold moisture into the skin and provide protection to the skin as it heals. With clean hands, gently apply the occlusive barrier as needed for comfort. **Do not allow the treated area to dry out.** In addition to the occlusive barrier cream, you may also use Avene® Thermal Spring Water, spraying onto the skin to calm and cool it.
- Redness, swelling, tenderness, warmth, and pinpoint bleeding and oozing are expected within a few minutes after the completion of the procedure. The degree of redness, warmth, bleeding, oozing, tenderness, swelling, and healing time will increase with the depth and percentage of your treatment.
- Redness normally persists for up to 5 days depending upon the depth of the treatment.
- Pinpoint bleeding and oozing may persist up to 24 hours after the treatment.
- The treatment may produce scanning patterns visible on the skin which usually fade while in the healing phase.
- Swelling and a heated feeling in the skin is typically a short-term response. The warm to extremely warm sensation in the skin typically subsides within 12 hours following treatment.
- Use of a cold compress or ice packs will help to relieve the warmth and swelling; be sure to wrap ice packs with paper towels prior to using.
- To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment.
- Make sure you only use clean linens and towels during the healing process. Pillowcases need to be changed and washed regularly. Note: Fabrics in contact with the skin may become stained from the EltaMD® Moisture Seal and/or pinpoint bleeding.

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Immediately Following Treatment (Continued)

- Be sure to keep reapplying EltaMD® Moisture Seal to prevent the area from drying.
- Occasionally, white heads, perioral dermatitis, or acne may form post treatment. You should contact your Cosmetic Provider as a topical medication may be recommended.
- If an antiviral was prescribed for you, continue to take as directed.
- While not commonly needed, post treatment discomfort may be relieved by oral pain relievers; i.e. Extra Strength Tylenol or Ibuprofen.
- You may cleanse your skin that evening using plain, lukewarm water and a gentle cleanser, i.e. Avene® Tolerance Extremely Gentle Cleanser. Use clean hands to gently apply the cleanser and water and finish by patting dry with paper towels or a clean, soft cloth. Be careful not to rub the treated area. Apply EltaMD® Moisture Seal afterwards. Be sure to keep the area moist at all times.
- Avoid strenuous exercise, sweating, swimming, hot tub, and sauna use until after skin has healed.
- Avoid pets and small children having contact with treated skin throughout the healing process.
- During the healing phase, be sure to disinfect your cell phone or landline phone with alcohol wipes before use. Try to avoid your treated skin's contact with the phone by choosing a hands-free option.

The Next Morning Following Treatment

- Avoid cleansing devices/brushes, glycolic acids, Vitamin C, scrubs, Tretinoin (Retin-A), and Retinol creams for 14 days.
- When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated area.
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser; i.e. Avene® Tolerance Extremely Gentle Cleanser, beginning the morning after the treatment. Use clean hands to gently apply the cleanser and water and finish by patting dry with paper towels or a clean, soft cloth. Be careful not to rub the treated area.
- After cleansing your face, reapply the occlusive barrier, i.e. EltaMD® Moisture Seal, taking care to cover all treated areas. Typically, the occlusive barrier is needed 24 – 72 hours. Reapply the occlusive barrier as needed. **Do not allow the treated area to dry out.** You may also continue using Avene® Thermal Spring Water.
- Apply a sunscreen with an SPF of 30 or higher and a barrier cream (i.e. EltaMD® Moisture Seal) as recommended by your Cosmetic Provider to protect, soothe and hydrate the skin. Apply as often as needed for comfort. You may switch to Avene® Cicalfate+ Restorative Protective Cream, which is a lighter in formula, by day 4 to finish the healing process.
- Avoid extreme sun exposure. If in direct sunlight, apply sunscreen 20 minutes before sun exposure and reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area.
- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl may help itching but can cause drowsiness. Zyrtec or Claritin can be taken as alternatives. DO NOT scratch the treated area as scarring and pigmentation complications can occur.
- Wait a minimum of 4 to 6 weeks (or as directed by your Cosmetic Provider) before receiving any additional skin care or laser treatments.
- Peeling and flaking generally occur within 24 - 72 hours post treatment and should be allowed to come off naturally. DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING AND/OR INFECTION! Gently washing the skin more frequently will help to promote the peeling process.
- Once skin has healed (no longer wearing the occlusive barrier), typically 4 days or longer after your treatment, you may begin to wear makeup.
- ProFractional treatments are usually performed in a series. Your next treatment will typically be within 4-6 weeks.

Contact the Office Immediately if Any of the Following Signs of Infection Occur:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Severe pain that is unresponsive to over-the-counter pain relievers