

Fractional Laser Instructions

Pre-procedure:

- Accutane must be discontinued for at least six months prior to treatment. Come to your appointment with a clean face, without makeup or creams if possible. Men please shave closely the morning of your treatment.
- Topical numbing cream is available at our office prior to procedure on an individual basis.
- If you are prone to cold sores, this treatment may trigger an outbreak. Please start antivirals 2 days prior to treatment and continue for 5 days after treatment. If you need a new prescription, please ask ahead of time as we may be able to provide one for you.
- We will take photographs for your record at your first visit.

Post-procedure:

- Cool compresses will be applied immediately following your treatment to reduce discomfort and are recommended for the first 24 hours. Do not apply ice directly to your face. Place a thin towel or multiple paper towels between the ice pack and your skin or use the calming mask provided.
- Mild redness and swelling is considered normal and should decrease within 24-48 hours. Mild bronzing and/or flaking may occur and last several days. This is a normal part of the healing process. Do not pick or scrub the treated area. Some patients may need to take Benadryl as needed. You may take Motrin or Tylenol for mild discomfort.
- Do not use any retinoid products for 3 days following your treatment. Use a gentle facial cleanser and a mild moisturizer twice a day for 3 days. It is important to use a quality sunscreen daily.
- Although you may notice a significant improvement after one treatment, multiple treatments provide superior and longer lasting results. Please remember collagen production takes 6-9 months to occur.
- After an initial series of treatments, maintenance treatments are recommended every 6 months.
- We, at the Plastic Surgery Institute of Washington, want our patients to have the best results possible. Please feel free to contact us with any questions or concerns.

Please call the office with any questions.

Office: 301-881-7770

Answering Service: 301-917-2929