

THE
MEDSPA
AT PSIW
FRACTIONAL LASER

PRE-TREATMENT INSTRUCTIONS

Accutane must be discontinued for at least six months prior to treatment.

Come to your appointment with a clean face, without makeup or tinted products. If there is hair in the treatment area, please shave closely. Topical numbing cream will be placed prior to treatment.

Stop retinols 7 days before your procedure.

Avoid NSAIDs such as Advil, Ibuprofen, Aleve, etc. for 72 hours prior treatment. Tylenol is acceptable.

If you're prone to cold sores, we may prescribe a prophylactic antiviral to prevent an outbreak.

POST-TREATMENT INSTRUCTIONS

24 Hours:

Cool compresses will be applied immediately following your treatment. We recommended applying a cool cloth or compress as needed 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.

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. Some patients may need to take Benadryl as needed. You may take Tylenol for mild discomfort.

72 Hours:

Use a gentle cleanser and mild moisturizer twice a day for 3 days.

Use SPF daily.

Do not use any retinoid products for 3 days following your treatment.

Do not use NSAID medications.

Daily skincare regimen is necessary to provide nutrition to the skin to ensure optimal results. If you need medical grade recommendations, please ask your provider.

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 6-12 months.