

Fractionated Resurfacing (Full Strength Tetra)

Post-Op Instructions

Before Treatment:

- **At Least 2 weeks prior to appt:**
 1. Pick up Alastin Regenerating Skin Nectar from the office (please come to the front desk, not the skin store, to get it). \$150 deposit will be collected to dispense the product. This amount will be applied toward the treatment charges.
 2. Please provide us with your pharmacy information to send in prescriptions for the medications you will need to start the day before the treatment
- **2 Weeks prior to appt:** Begin using Alastin Regenerating Skin Nectar twice daily 14 days before your appointment. Only a small pea size amount should be applied to the full face. It should be the first thing applied after cleansing both morning and night. One bottle of Alastin Regenerating Skin Nectar is meant to last for three treatments. If you run out or lose the product, you will need to purchase an additional bottle from our skin care store.
- **1 week prior to appt:** Discontinue the use of any retinol/retinoid containing products.
- **The day prior to appt:** Begin taking doxycycline (100mg twice a day) and Valtrex (1g once a day). You will continue these medications for 1 week to prevent infection and cold sores.

After Treatment:

Redness and swelling will increase over the first few hours following treatment. This is normal and to be expected. It is also normal to feel a "sunburn like" sensation following the treatment, where temperature regulation is somewhat off and you feel achy. The worst of the swelling is typically seen the morning after the treatment and will slowly subside in the days following. The treated areas may be temperature sensitive, so lukewarm water when bathing is recommended.

MUST DOs AFTER TREATMENT:

- Frequent use of **ice packs**, immediately upon getting home and then on and off as needed in the days following the treatment. MORE ICE PACK APPLICATION = LESS SWELLING.
- Please perform **vinegar soaks** as needed to reduce burning sensation and the possibility of infection (after vinegar soaks, reapply Cicalfate and Vaniply).

Mix 1 tablespoon white vinegar with 1 pint of cool water. Wet a soft cloth or gauze, soak treatment site for 15 minutes with dilute vinegar solution.
- Twice daily **antihistamines:** Claritin or Allegra in AM and Zyrtec or Benadryl in PM for 1-3 days, depending on amount of swelling. ANTIHISTAMINES = LESS SWELLING.
- Anti-inflammatory such as **Advil/Motrin/Ibuprofen** (600mg 3 times/day WITH FOOD TO AVOID UPSET STOMACH). ANTIINFLAMMATORIES = LESS SWELLING, REDNESS.
- Sleep with the head elevated on pillows (head above the heart) the first few nights post treatment to help minimize swelling.
- Avoid any sun exposure for 48-72 hours. If you need to go outdoors within this time, wear a protective hat/visor. After the first 48-72 hours, mineral only SPF can be worn along with a protective hat/visor.

MUST USE SKINCARE AFTER TREATMENT IN KIT PROVIDED:

- **Avene Thermal Spring Water Spray** - Spray treatment area as needed to help cool the skin.
- **Avene Tolerance Extreme Cleansing Lotion** - Wash with tepid water twice a day. Use only fingertips the first 2 days to cleanse. A washcloth may be used lightly starting the 3rd day to help gently exfoliate dry, peeling skin. Any gentle cleanser (such a Cetaphil or CeraVe) can be used if you run out.
- **Alastin Regenerating Skin Nectar** - For 2 weeks after treatment apply a small pea size amount of Skin Nectar twice daily after cleansing.
- **Avene Cicalfate+ Restorative Cream** - Apply a pea size amount mixed with Aquaphor or Vaseline every 2-4 hours as needed. Your skin should never feel tight or dried out. If it does, apply the moisturizer more frequently. Continue using this until your skin has healed completely, approximately 7-10 days.
- **SkinMedica SPF** - Use this sunscreen for 1 week following the treatment. Then you may switch to your sunscreen of choice.

- **Plated Intense Serum** Starting 2 days after your treatment on _____. Apply one pump after cleansing. Wait a full five minutes and then apply other products over (Alastin Skin Nectar, Cicalfate, etc). You will continue using Plated Intense Serum twice daily until the bottle is gone. Once your skin has healed completely and you return to your regular skin care regimen, Plated Intense should continue to be applied first, after cleansing, before other products and allowing 5 minutes.
- **Avene A-Oxitive SOS Antioxidant Sheet Mask-** Wait at least 7 days post treatment to use.

Additional Information:

- There may be areas of pinpoint bleeding. This is normal and can be cleaned with tepid water.
- Avoid exercise for at least 48 hours after the treatment.
- Makeup is discouraged for as long as possible, ideally 4-6 days post procedure.

Please call or contact us through Klara if you have any questions post treatment