



## Sciton ProFractional Laser Treatment: Pre- and Post-Care Instructions

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### What is the Sciton ProFractional Laser?

The **Sciton ProFractional Laser** is a powerful, non-invasive treatment designed to improve skin texture, reduce fine lines and wrinkles, minimize scarring, and treat a variety of skin concerns. It utilizes fractional technology to create micro-injuries in the skin that stimulate the body's natural healing process, promoting collagen production for smoother, firmer, and more youthful-looking skin.

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### Pre-Treatment Instructions

Proper preparation before your Sciton ProFractional treatment can help minimize side effects and maximize your results.

#### Medications to Start:

- **Valtrex 1000mg:** If you are prone to cold sores, start taking **Valtrex 1000mg 2 days before** the procedure and continue for **2 days after** treatment to prevent herpes simplex outbreaks.
- **Pain Relief:** You can take **Tylenol (Acetaminophen)** prior to the procedure for mild discomfort. Avoid **Aspirin, Ibuprofen, or Naproxen** for **1 week before** the treatment as they can increase the risk of bruising.

#### Skin Care and Lifestyle:

1. **Avoid Sun Exposure:**
  - **Do not sunbathe or use tanning beds** for at least **2 weeks** before your treatment.
  - **Use sunscreen daily** (SPF 30 or higher) to prevent sunburn and protect the skin.
2. **No Self-Tanners:**
  - Discontinue the use of **self-tanning products** for at least **2 weeks** prior to the procedure.
3. **Stop Using Exfoliating Products:**
  - Discontinue **exfoliating products** such as **retinols, glycolic acids, or chemical peels** for **1 week** before treatment to avoid skin irritation.
4. **Hydrate:**
  - Ensure your skin is well-hydrated before your treatment by drinking plenty of water. Use a **moisturizer** daily to keep your skin nourished.
5. **Avoid Blood-Thinning Supplements:**
  - Avoid supplements such as **fish oil, garlic, Vitamin E, and Ginkgo Biloba** for **1 week** before treatment to reduce the risk of bruising.
6. **Avoid Alcohol:**
  - Refrain from alcohol for **2 days before** and **2 days after** your treatment to minimize bruising and aid in healing.
7. **No Make-up on the Day of the Procedure:**
  - Arrive at your appointment with a **clean face**—free from make-up, moisturizers, or sunscreen.
8. **Post-Treatment Planning:**
  - Schedule the procedure at least **2-4 weeks** before any significant events (e.g., vacation, wedding) to allow sufficient time for healing.

#### Other Considerations:

- **Transportation:** If sedatives are used, please arrange for a driver to take you home.
  - **Clothing:** Wear **comfortable, loose-fitting clothing** to the appointment. Avoid tight collars or clothing that could irritate the treated area.
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### Day of Treatment: What to Expect

- **Numbing:** Topical numbing cream will be applied to your skin, which will take about 30-60 minutes to take effect. Depending on the area being treated, a local anesthetic injection may also be used.
- **Sensation:** You may experience a **mild to moderate** burning or prickling sensation during treatment, which typically resolves quickly.

- **Procedure Duration:** The procedure usually lasts between **30 minutes to 1 hour**, depending on the size of the area being treated.
- **Treatment Areas:** The treatment can be performed on the **face, neck, chest, hands**, or any other areas with skin concerns.
- **Immediate Aftercare:** Mild redness and warmth in the treated areas will be common. Your skin may feel like it has a mild sunburn.

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### Post-Treatment Instructions

1. **Skin Redness & Swelling:**
  - Redness, swelling, and warmth are common after the procedure and may last **1-2 days**. In some cases, the redness can last up to **4-5 days**, depending on the intensity of the treatment.
  - **Ice packs** can be applied for **15-20 minutes** every hour for the first **24 hours** to reduce swelling.
2. **Peeling and Crusting:**
  - You may notice **skin peeling** or **flaking** as the treated skin heals. This typically starts after **2-3 days** and can last **5-7 days**. It's important not to pick at the skin to avoid scarring or infection.
3. **Avoid Sun Exposure:**
  - **Avoid direct sun exposure** for at least **2 weeks** after treatment. If you must go outdoors, wear a **high-SPF sunscreen** (SPF 30 or higher) every 2 hours.
4. **Hydration:**
  - Keep your skin well-hydrated by drinking plenty of water and using a **gentle moisturizer** as directed by your provider.
5. **Makeup:**
  - You may apply **makeup 24-48 hours after** your procedure, provided the skin is not irritated, inflamed, or broken. Opt for **non-comedogenic** makeup products to minimize irritation.
6. **Avoid Heat and Sweat:**
  - For **48 hours**, avoid activities that involve excessive heat or sweating, such as hot showers, saunas, or intense exercise. This will help reduce the risk of swelling or irritation.
7. **Follow-up Care:**
  - Your provider may schedule a follow-up appointment **1-2 weeks** after the procedure to monitor healing progress.
8. **Results:**
  - You will start to see noticeable improvements in **skin texture** and **tone** after **1-2 weeks**. Full results may continue to develop over the next **3-6 months** as collagen production increases.
9. **Avoid Exfoliating:**
  - For **7-10 days** post-treatment, avoid **exfoliating products** or treatments (e.g., retinoids, scrubs) to allow the skin to heal properly.

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### When to Contact Your Provider

- **Severe swelling, blistering, or signs of infection**, such as increasing redness, warmth, or discharge.
- **Uncontrolled pain** or discomfort not alleviated by over-the-counter pain relief.
- If you notice any **persistent, unusual side effects** during the healing process.

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### What to Expect: Long-Term Results

- **Immediate Results:** You may notice improvement in skin texture immediately following the treatment, but optimal results develop gradually as collagen production increases.
- **Multiple Treatments:** Depending on your skin condition, **multiple sessions** may be needed for best results, especially for deeper lines or scars. Typically, treatments are spaced **4-6 weeks apart**.
- **Long-Term Skin Health:** To maintain results, continue using **sunscreen** and follow a healthy skincare routine. Periodic maintenance treatments may be recommended.

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**Remember:** Individual results will vary. It's essential to follow your provider's specific instructions to achieve the best results from your Sciton ProFractional Laser treatment. If you have any concerns during your recovery, don't hesitate to contact our office for guidance.