

Fractionated Resurfacing (Full Strength Tetra for Anti-Aging) Post-Op Instructions

Before Treatment

- Please provide us with your pharmacy information to send in the prescription for Valtrex you will need to start the day before the treatment.
- **1 week prior to appt:** Discontinue the use of any retinol/retinoid containing products.
- **The day prior to appt:** Please take doxycycline (100mg twice a day- morning and night with food and a full glass of water) 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 of following the treatment. MORE ICE PACK APPLICATION = LESS SWELLING.
- 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 pillowws (head above the heart) the first few nights post treatment to help minimize the swelling.
- Avoid any sun exposure for 48-72 hours. If you need to go outdoors within ths 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:

- Arissance Pure PDGF+ was applied in office after your treatment. Leave this on until cleansing before bed.
- **Avene Thermal Spring Water Spray:** Spray treatment area as needed to help cool the skin day of treatment.
- **Lasersense Spray:** Spritz area after cleansing, can be resprayed throughout day as needed.
- **Stratacel*:** For 1 week after treatment apply a small pea size amount of Stratacel twice daily after cleansing and Laser Sense Spray has dried.
- **Avene Cicalfate+ Restorative Cream:** Apply a pea size amount mixed with 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.
- After 1 week, you may return to your normal skin care regimen as long as your skin has healed completely. If you are still experiencing dryness or sensitivity continue the provided skin care until it resolves.
- **Plated Intense Serum:** Starting 1 week after your treatment on _____. Apply one pump as the first step after cleansing. Wait a full five minutes and then apply other products over. You will continue using Plated Intense Serum twice daily until the bottle is gone.

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.

To Apply Stratacel, follow these steps:

- Prepare your skin: Ensure the affected area is clean and gently pat dry to remove excess exudate or wound fluid.
- Apply Stratacel: Apply a very thin layer directly on the affected area and allow it to dry. It should dry in 5-6 minutes.
- Allow to dry: If it takes longer to dry, you may have applied too much. Gently remove any excess gel with a tissue or paper towel.
- Apply other products: Once dry, Stratacel can be covered with other moisturizers and sunscreen.
- Reapply if necessary: Stratacel can be reapplied more often to maintain contact with the skin and reduce dryness.

For best results, Stratacel should maintain continuous contact with the skin for optimal healing.

Please call 773-276-1100 or contact us through Klara with any questions or concern