

# Fractionated Resurfacing (Weekend Tetra)

## 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 Valtrex 1g the night before and 1g the morning of your treatment.

### 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 pillows (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 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:

- **Cleansing:** Wash twice a day (morning and bedtime) with a gentle cleanser such as skin1765 Nourishing Cleanser, CeraVe Hydrating Facial Cleanser or Cetaphil Gentle Skin Cleanser.
- **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 Lasersense 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.
- **Elta SPF:** Apply a mineral sunscreen in the morning and reapply every 2-3 hours.
- **Plated Intense Serum:** Starting 2 days 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. 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.

### 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**