

Non-Ablative Fractional Rejuvenation/Resurfacing Post Care

What to Expect After Treatment

Though minimal, side effects exist after fractional resurfacing. The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics. Generally, patients who are treated more aggressively experience more intense side effects that last longer. Notify Dr. Hekmat immediately if the severity of your side effects become a problem for you.

- **Swelling** – You will notice most of the swelling on the first morning after treatment, particularly under the eyes. Swelling usually lasts two to three days. To minimize swelling do the following:
 - Apply cold compresses to the treatment area for 20 minutes on and off for about 2 hours following the laser treatment.
 - Sleep elevated the first night. Use as many pillows as you can tolerate.
- **Redness** – Most redness resolves during the first week after treatment, but a rosy “glow” can remain for several weeks. If you wish, you can apply makeup immediately after treatment to minimize the redness.
- **Dry Skin** – Your skin may feel dry, peel, or flake. You may notice a “sandpaper” texture a few days after treatment. This is the treated tissue working its way out of your body as new fresh skin regenerates.

How to Care for Your Skin after Treatment

- **Skin Care Products** – All of your skin products should be non-irritating and non-clogging for the first week or so after fractional laser treatment.
SkinMedica offers very gentle and inexpensive products that are ideal to use. You should use both **SkinMedica Facial Cleanser and TNS Ceramide Treatment Cream**.
- **Sunscreen** – You may apply sunscreen immediately after the fractional resurfacing laser treatment. The sunscreen should offer broadband protection (UVA, UVB and IR) and have a Sun Protection Factor (SPF) of 30 or more, like **SkinMedica Total Defense + Repair** in **Tinted** or **Non Tinted SPF 34+** or **Non Tinted SPF 50+**. Make sure you apply your sunscreen 30 minutes before going out and then re-apply every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen during the healing period and always.
- **Moisturizer** – Remember that peeling and/or flaking is normal during the healing process. Therefore, the product should be non-irritating and non-clogging, else you develop breakouts. During the healing period, your normal moisturizer may be too occlusive, so consider **SkinMedica** products. Reapply whenever your skin feels dry.

- **Scrubs, Toners, Glycolic Acid, and Retin A** – Your skin will be sensitive for the first week or so after treatment, so do not use products that will cause irritation during this time. Do not use abrasive scrubs, toners, or products that contain glycolic acids or Retin A. **Read the product labels.**
- **Bleaching Creams** – Discontinue use of your bleaching cream while your skin is tender. Restart typically in 2 weeks.
- **Resume your normal skin care regimen when your skin has fully healed.**
- **Cold Sores** – If you have a history of cold sores, ask your doctor about care!

If you have any further questions, do not hesitate to call Dr. Hekmat's office.