

Nurse Fractional Laser Resurfacing: Pre-Treatment Instructions

1. **Process:** In a precise pattern generated grid formation, the laser creates microscopic laser beams marks (dots) on the treatment site. Discomfort during and after the treatment is mild to moderate. A topical anesthetic cream is all that is needed. The skin needs several days to heal. As it heals, new collagen forms in the channels or dots in the skin, and the dots heal. In this manner, the procedure induces the skin to look smoother and less blotchy brown. The treatment can be tailored to your skin needs, can be done in a mild or aggressive manner, and should be repeated several times to achieve best results.

2. **Before the Procedure:**

- i. **COLD SORES:** Tell the doctor/nurse if you get cold sores often. If so, a pill medication (Valtrex) should be prescribed for you. You should start to take this medication one day before the procedure, for a total of 5 days.
- ii. Let Dr. Duke know if you have a history of vitiligo or skin sensitivities
- ii. **SUN EXPOSURE:** Plan not to be tan for the procedure, and to minimize sun exposure for several weeks following the procedure. Sun exposure before and after the procedure can cause irregular pigmented areas on the skin.
- iii. **TOPICAL ANESTHESIA:**

How to use BLT topical anesthetic:(benzocaine, Lidocaine, Tetracaine)

Some patients will be told to come in 45 minutes prior to appointment time . This gives staff time to prep you prior to treatment and apply the numbing cream.

******* NOTE : If staff is applying prior to treatment you are required to come in 45 minutes before appointment.**

******* NOTE : If you are applying at home follow the instructions below :**

1. **Apply topical anesthesia at least 30-45 minutes prior to appointment time.**
2. **Tear off the top of all the 3packets** (leave all 3 packets together, fold at the crease , cut corner of all 3 packets . dispense in small cup and mix cream together .

3. **Cleanse treatment area vigorously, pat dry, and immediately after swipe alcohol wipe over the treatment site.**

** This will enable deeper penetration of the topical anesthesia into the skin: making it work better

4.**Massage into the treatment site**

Do not wash off the cream, as it will be washed off at office prior to treatment.

5. **Apply entire packets on the treatment site**

1 packet of BLT is enough for one application of the face and neck

No second application is necessary

** additional packets should be purchased for additional site

(example : treatment face neck chest - 2 BLT packets)

If you need help deciding how many packets to purchase, ask a staff member .

3. **Items to get before the procedure:**

- i. *Plan ahead for your treatment; you will heal better and be more comfortable during the procedure!*
- ii. *At our Office:*

Purchase in our office:

BLT topical anesthetic(some patient will purchase day of visit if staff will be applying on the treatment site and some will purchase ahead of time

Replenix Gentle Anti-Oxidant Cleanser

ELTA MD enzyme gel or Resurfix Healing Ointment

*** Some patients will purchase these items in the office at least 1 hour before the treatment, as the BLT must be on your skin one hour before your appointment time to best decrease any discomfort during the procedure.

- iii. *At the Pharmacy/Store:* Anti-cold sore prescription medication (should you need),

White Vinegar

Gel ice packs (or frozen packs of vegetables such as peas).

4. **The healing process:** A treatment will take 3-5 days to totally heal.

5. **Post-Treatment care:** These instructions will be given to you at your treatment session.

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