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
   iii. 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: Purchase Topicaine in office in advance of the day of procedure
       Apply Topicaine one hour before procedure. The way to apply the gel is aggressively scrub/clean the treatment area or clean/swipe skin strongly with alcohol wipes. Apply a thick layer of the gel, like frosting. Come 30 minutes before your appointment time so we can prepare your skin—bring the tube of Topicaine with you. Apply the rest of the tube to the treatment site while you are in the office. For maximum comfort during the procedure, use the entire tube of Topicaine on the site. Ask for help from a staff member to apply the Topicaine correctly.

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:
      Topicaine gel
      Replenix Gentle Anti-Oxidant Cleanser
      Post Peel Recovery Cream and Resurfix Healing Ointment
      *** You must purchase these items in the office at least 1 hour before the treatment, as the Topicaine 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.