



## FRACTIONAL PRE-POST CARE INSTRUCTIONS

### **PRE:**

- Avoid sun exposure to treatment area for 2 weeks prior to your fractional treatment
- Avoid the use of self-tanners during your treatment.
- If you have a history of herpes or cold sores, prophylactic antiviral therapy must be started the day before and continued for one week after treatment.
- Within 6 months of treatment you must avoid the following medications: ACCUTANE, ANTICOAGULANTS, ST. JOHN'S WORT.
- Avoid the use of steroids (e.g. prednisone, dexamethasone) prior to or during your treatment course.
- You must wait two weeks for your fractional if you have had botox/fillers in the treatment area.

### **POST:**

- Keep treatment area clean and dry for 24 hours. Gentle cleansing and use of non-irritating cosmetics is permitted 24 hours after treatment.
- Immediately after the treatment there may be erythema (redness) and edema (swelling) and stinging around the treatment area. This generally resolves within 24-48 hours, but may last up to 3-5 days in some patients.
- Application of ice and/or cool gel packs will decrease swelling and stinging.
- Some bronzing of the treatment area is normal. There may also be some broken capillaries in the treatment area.
- Use of Retin-A or Tretinoin should be avoided during treatment periods
- Avoid sun for 2 weeks after your treatment, and then use SPF 45 or higher.