

**The Michael Horn Center**  
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## **Pre and Post Treatment Instructions**

### **Profractional**

Patient response can vary after a Profractional treatment. Erythema (redness) and possibly edema (swelling) are the desired responses after the completion of the procedure. The degree of redness and length of healing time will increase with the depth of your treatment. Bleeding will also occur.

**Pretreatment: We recommend pre-treating the area you are having the laser performed on prior to the treatment with Alastin Skin Nectar, starting 2 weeks prior to your procedure.**

- Redness normally persists 24 hours- 7 days depending upon the depth of the treatment
- Oozing may persist for 24 hours after the treatment.
- Swelling is typically a short-term response. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment.
- If an antiviral was prescribed for you, continue to take as directed.
- Post treatment discomfort may be relieved by oral pain relievers, i.e. Extra Strength Tylenol.
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS. THIS COULD RESULT IN SCARRING AND INFECTION!** Gently washing the skin more frequently will help to promote the peeling process.
- Avoid direct sunlight for up to 2 months post treatment.
- Once skin has healed (no longer wearing the occlusive barrier) you may begin to wear makeup. If you can wear makeup, a sunblock should be worn daily to help prevent any hyperpigmentation issues that could be caused by direct and indirect sunlight.
- When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated area.
- Avoid strenuous exercise and sweating until after skin has healed.
- ProFractional treatments are usually performed in a series. Your next treatment will typically be within 4-6 weeks.

## **Warning**

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater

Below we have outlined our recommended Post Treatment Skin Care Regimen. This regimen aides in a faster, more successful recovery experience. The products in **bold** may be purchased at our practice, or substituted with OTC products recommended below.

## **Post Treatment Skin Care Regimen**

### AM Routine

1. Wash face with either **Jan Marini Gentle Cleanser**; or Cetaphil or Cerave Gentle Cleanser.
2. Apply **Alastin Skin Nectar**.
3. Apply **Jan Marini SPF**, or other post procedure SPF.
4. Apply either **Alastin Soothe and Recover Balm**, or Aquaphor to create barrier.
5. Apply **Oxygenetix Foundation**.

### PM Routine

1. Wash face with either **Jan Marini Gentle Cleanser**; or Cetaphil or Cerave Gentle Cleanser.
2. Apply **Alastin Skin Nectar**.
3. Apply either **Alastin Soothe and Recover Balm**, or Aquaphor to create barrier

For any questions or concerns, please contact us by phone, or by our online patient platform Klara. If you need to provide additional information such as photos, you may use the attachment button (small paperclip) in the bottom right corner of your app. This will take you directly to your photo gallery of your device.