

Ultrapulse ActiveFX, DeepFX, or TotalFX

Pre-treatment Instructions

1. Avoid the oral acne drug isotretinoin for 6 months prior to treatment.
2. Discontinue indoor and outdoor tanning at least four weeks prior to treatment, during the treatment course and four to six weeks after treatment. Avoiding tanning will reduce the chance of skin color changes and manifestation of new pigmented lesions.
3. Wait a minimum of 2 weeks after Botox injections before having laser resurfacing.
4. If you have darker skin or have a tendency towards hyperpigmentation, we recommend using a skin-lightening product one month prior to treatment. Your provider or aesthetic consultant will advise you whether a prescription or clinical-grade over the counter option is best for you.
5. The Ultrapulse ActiveFX, DeepFX, or TotalFx procedure is designed to give you significant improvement in the quality of your skin, but you hold the power to see your results enhanced and protected! By using topical products containing clinically-proven active ingredients such as *retinoids*, *peptides*, *growth factors* and *antioxidants* as part of your daily routine, you will protect the investment you have made with us and continue to build upon the results of your procedure.

Prescriptions Needed Pre-Op

1. To keep you comfortable during the procedure, we recommend taking oral prescription medications, Percocet and Ativan prior to your procedure. We also have OTC Emetrol in our office to help with nausea if needed which may be associated with Percocet. Phenergan may also be prescribed for nausea.
2. It is protocol, as a precaution, for you to take an oral antiviral agent such as Valtrex. You should begin taking them 1 day prior to your procedure to prevent an outbreak of oral herpes simplex (fever blisters/cold sores). Continue to take it until you have finished the full 7 day prescription.
3. We may also recommend an oral antibiotic and/or anti-yeast medication for you to take for a week after your procedure.
4. The prescription medications will be mailed to you prior to your appointment or you will be given the prescriptions on the day of your consultation to take to your pharmacy before your treatment day.
State law prevents us from phoning these prescriptions into your pharmacy.
5. **Please pick the medication up from your pharmacy and bring it to your appointment. Please do not take your medication until someone at our office has instructed you to do so on the day of your treatment.** Please bring all medication (except Valtrex, oral antibiotic, and the antiyeast medication) in with you to your Ultrapulse laser treatment.
6. **You must have a driver to pick you up and drive you home because these are sedating medications.** The driver must come to the office to sign a consent form before you may be released. For your safety, we will escort you to your driver in a wheelchair.
7. **It is advisable to eat before coming in for your treatment.**

Skin Preparation Pre-Procedure

Using the proper skin care 7-14 days prior to a cosmetic procedure creates a healthier skin that supports the renewal of skin post-procedure.

Morning:

1. Cleanse with EltaMD Gentle Cleanser
2. Apply 1 pump of SkinMedica Recovery Complex or Neocutis Bioserum to the treatment area
3. Apply SkinMedica Dermal Repair Moisturizer to the treatment area
4. Apply EltaMD Clear SPF 46 to the treatment area

Evening:

1. Cleanse with EltaMD Gentle Cleanser
2. Apply 1 pump of SkinMedica Recovery Complex or NeoCutis Bioserum to the treatment area
3. Apply SkinMedica Dermal Repair to the treatment area

Treatment Day

1. If you are planning on having your eyelids treated we ask that you do not wear contacts to your appt. Please bring glasses with you. Contacts should be avoided after the procedure until the next morning.
2. *Please arrive with no makeup on your face or eyelids.* We will have you change into a gown for the treatment.
3. Please leave jewelry at home or be prepared to remove it prior to preparation of procedure. Come to the office 1 hour and 15 minutes prior to your scheduled procedure time so that there is time to change into a gown, wash your face, have photographs taken and have anesthetic ointment applied to your treatment area for 1 hour.
4. The actual laser treatment takes 45 to 90 minutes depending upon how many areas are being treated.
5. After the laser treatment, a 20 minute LED light treatment will be performed. You should plan to be at our office for 3 ½ to 4 hours.
6. You will be awake during the procedure. To keep you comfortable, we will use nerve blocks (injections of a local anesthetic called Lidocaine) in addition to a compounded Lidocaine topical ointment. A chilled air blower will also be blown at your face during the procedure to help with discomfort.
7. If you are having your eyelids treated during the procedure, it is necessary to have a protective metal placement of the shield. Some people get a temporary stinging and irritation from the anesthetic drops. **If you have had Lasik surgery in the last year you are not a candidate for Ultrapulse ActiveFX, DeepFX, or TotalFx of the eyelids.**

What To Expect After Ultrapulse ActiveFX, DeepFX, or TotalFx

It is normal to have redness, swelling, oozing, and pinpoint bleeding after your procedure. The degree of these expected side effects after your procedure depend on how aggressively we treat you with the laser. In general, higher energy and density settings on the laser translate to better results, but also more downtime. Most people will have oozing and bleeding for the first 1-3 days. There will be marked swelling of the treated areas. If the eyelids are treated there will be swelling around the eyes to the point where the eyes may be "swollen shut". By days 5 to 7, there may still be redness and swelling, but usually the oozing and crusting has

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subsided. Redness may persist for weeks to even a few months. Women may wear makeup to cover the redness once instructed by their physician. If you have not already seen pictures of a typical post-laser course of healing, please advise your doctor to show you.

Suggestions to help reduce swelling:

1. Cool compresses or ice packs can be used to soothe the treated areas. Ice packs can be made by putting ice in a zip lock bag and wrapping it in a moistened washcloth. We recommend icing the face for 5 to 10 minutes at a time, every 1 – 2 hours.
2. Benadryl 25 mg may be taken at bedtime for the first 2 nights to help decrease swelling. Zyrtec or Allegra may be taken during the day, as it shouldn't make you drowsy.
3. Elevate the head of your bed or sleep with several pillows the first few nights after the procedure to help decrease swelling.
4. Stay well hydrated during the healing phase. Drink lots of water and avoid dehydrating beverages such as coffee and alcohol for 3-4 days. Avoid excessive salt in-take.

Ultrapulse ActiveFX, DeepFX, or TotalFx Procedure: Wound Care Instructions

The first few days:

In the first few days after your procedure when there are pin point open wounds from the laser, the risk of infection is greatest. This risk is greatly reduced by meticulous cleaning of the skin with vinegar water-soaked gauze compresses. The acidic pH and cleaning away of dried blood reduce the chance of infection. We will give you a small bottle of pre-mixed vinegar water and soft gauze compresses to take with you the day of the procedure. Please have on hand, several bottles of water, a bottle of white distilled white vinegar, and a pack of gauze.

Instructions for mixing vinegar water:

1. Open an un-used bottle of each: one 16 oz bottled water, and one white distilled vinegar.
2. Pour 2 tablespoonful of water out of the bottled water, and then add in 2 tablespoons of vinegar.
3. Shake gently to mix.
4. Mark the bottle with a marker as "vinegar water" to avoid confusion.

Instructions for cleaning the skin with vinegar water gauze compresses for the first 2 days:

1. Wash hands thoroughly with soap, rinse and dry before each wound care session.
2. To make vinegar soaks, place 10 gauze pads inside a clean container, carefully add vinegar water until all the gauze pads are saturated.
3. Designate the non-dominant hand as the "clean" hand for retrieving wet gauze, and then transfer the gauze to the dominant hand for cleansing.
4. Use the gauze to blot off oozing/bleeding, using gentle pressure. Make sure that vinegar water is in contact with the skin for at least 5 minutes. Soak longer for area with crusting. Pat dry.
5. Apply a thin layer of **Stratamed** followed by **Eltamd Moisturizer** to the treated area.
6. Repeat vinegar washes every 2 – 3 hours during the first 24 hours. Set alarm to wake up at least once during the first night for cleansing. May gradually increase to every 3 - 4 hours after 24 hours. Continue to wash twice a day for one week.
7. In the morning and evening after cleansing you should apply your **Stratamed** followed by **Eltamd Moisturizer** to keep the skin hydrated and help with healing.

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Days 3, 4, 5, 6,7:

After the oozing and crusting have stopped and the microscopic “holes” made by the laser have healed, the skin will still appear red or pink for a while, sometimes even several weeks or months. Once the oozing and crusting have stopped, the vinegar soaks will no longer be necessary. The following are recommendations for skin care during this phase for morning and evening applications.

1. Twice a day, wash the treated areas with your **Elta MD Gentle Cleanser**.
2. After cleansing apply a layer of the **Stratamed** followed by **your prescription steroid ointment (steroid only on days 3,4,5,6,7)** to the treated area.
3. The skin will be drier than normal for a while, so it is important to use the **EltaMD Moisturizer**.
4. You may wear a mineral based sunscreen such as **EltaMD Clear, Neocutis Journee, and/or Colorescience Sunforgettable** and makeup starting day 7 or sooner if advised by your doctor.

Weeks 2-4:

During this time your skin is more sensitive. We recommend to avoid scrubs, toners, peels, retinols, or alcohol containing skin care products during this time frame.

1. Twice a day, wash the treated areas with your **Elta MD Gentle Cleanser**.
2. At this time frame it safe to begin to use gentle antioxidants which are alcohol free such as **SkinCeuticals Phloretin**. Growth factor serums (**Neocutis BioSerum** or **SkinMedica Recovery Complex**) can also be used twice a day.
3. After cleansing and applying any antioxidants or growth factors, please apply a layer of the **Cicalfate** to the treated area.
4. The skin will be drier than normal for a while, so it is important to use the **Cicalfate** as much as needed throughout the day.
5. Please wear a mineral based sunscreen such as **EltaMD Clear, Neocutis Journee, and/or Colorescience Sunforgettable**.

Follow- up after the Ultrapulse ActiveFX, DeepFX, and TotalFX

1. You will be coming in for a series of LED light treatments after the laser treatment. These light treatments speed up the healing process and also enhance the results of the procedure by building collagen. See the attached schedule for the timing of the light treatments.
2. Your collagen will continue to build up in the skin up to 12 months post-laser. We would like to get follow-up photos to evaluate your results. These photos will be taken at 6 months after the procedure. There is no charge for these visits. We will schedule them for you in advance.

List of Products Needed

1. EltaMD Gentle Cleanser
2. EltaMD Moisturizer
3. Stratamed gel
4. Avene Cicalfate
5. Prescribed steroid ointment
6. Mineral based sunscreen (options): **EltaMD Clear, Neocutis Journee, and/or Colorescience Sunforgettable**

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