

THE PEARL

DERMATOLOGY

ResurFX

The ResurFX is a non-ablative laser, meaning it treats the skin without destroying skin cells. As the ResurFX is fractionated, only a fraction of the skin is affected, decreasing the downtime the patient experiences after treatment. The M22 ResurFX device allows the provider to customize the shape, size, and density of the laser to treat the targeted area(s) most effectively.

The ResurFX laser targets fine lines, skin texture, pore size, and overall skin rejuvenation by stimulating the production of new collagen in the deep layers of the skin. A series of treatments are typically recommended for the most optimal results. If you have a darker skin type or have a tendency towards hyperpigmentation, please consult your treating healthcare provider prior to the procedure.

Healing time varies from person to person. Be patient with your healing process. We are confident you will see improvement in your skin texture even after the first treatment. Wrinkles will also improve, but it will take more time. Collagen building will continue over the next 3 to 6 months after the last treatment.

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. Avoid having a tan or using a self-tanning product prior to the procedure.
4. Avoid using retinols or abrasive skincare products (scrubs, acids, exfoliating products) for one week prior to the procedure.
5. If you have a history of oral Herpes Simplex (fever blisters/cold sores), please alert your healthcare provider as the laser may trigger an outbreak. We may recommend that you take an oral antiviral agent such as Valtrex starting 1-2 days prior to your procedure to prevent an outbreak.

Pain Management

1. To keep you comfortable during the procedure, we numb our patients with topical 30% Lidocaine one hour prior to their procedure. We also offer our patients the use of PRONOX (laughing gas) during their procedure for a \$125 fee. Patients who opt to use PRONOX will be instructed to remain in our office for 15 minutes after the procedure to let the effects of the gas wear off prior to being released home.

Treatment Day

1. Come to the office 1 hour and 15 minutes prior to your scheduled appointment time, so that there is time for us to clean the treatment area, take photographs, and apply anesthetic ointment one hour prior to treatment.

2. We recommend that you wear comfortable clothes to your appointments, or you can change into a disposable gown. If you tend to get chilled from air conditioning, bring a sweater or light jacket to wear while you are waiting for the anesthetic to take effect. A good book, iPad or Kindle is also recommended.
3. To keep you comfortable during the procedure, we also offer our patients the use of PRONOX (laughing gas) during their procedure for an additional fee. Patients who opt to use PRONOX will be instructed to remain in our office for 15 minutes after the procedure to let the effects of the gas wear off prior to being released.
4. Do not wear contacts when coming in for procedure. Please bring glasses with you.
5. After your treatment, sunscreen will be applied to the treated areas.

Post-Treatment Instructions

1. Your face may feel hot, red, and puffy post-procedure. Cool compresses or ice packs can be used in the first 24 hours for soothing the treated areas.
2. Avoid hot showers, and hot exercise/activities as these can cause discomfort to the treated area during the first 24 hours.
3. Wash the treated areas with a gentle, non-drying cleanser. We recommend using EltaMD Foaming Cleanser.
4. We recommend moisturizing the treated areas well. We recommend the Neocutis Biocream or Avene Cicalfate.
5. Use sunscreen daily, preferably one with a physical blocker such as zinc oxide or titanium dioxide.
6. Zyrtec or Allegra can be taken during the day for swelling. Benadryl 25mg may be taken at bedtime for the first 2 nights to help with swelling. Sleep with your head elevated with several pillows to help decrease swelling.
7. Stay well hydrated during the healing phase and avoid dehydrating beverages, such as coffee and alcohol. Avoid excessive salt intake as this can cause your body to hold on to water and increase puffiness.

Possible Risks & Complications

Redness – It is normal to have reddening of the skin. Your face will look and feel like a severe sunburn. On occasion there are tiny abrasions of the skin that may crust over. These will normally heal without any problems. Redness may last 5 to 7 days.

Swelling – Swelling will vary among patients from mild to moderate to severe. The depth of your treatment and the type of skin you have will determine your reaction. Because we cannot predict the degree of swelling you will have, schedule your treatments to allow some “down time” in your professional and social calendar. Swelling is the worst on the day following the treatment. Most of our patients find their swelling improves by the third day, however; it can persist for 7 days.

Dryness, flaking, bronzing – As the swelling subsides, the skin then goes through a dry, rough, flaky stage. As the treated areas exfoliate, the skin may appear brownish or “bronzed.” Make-up may be applied to the skin for coverage. During this dry, exfoliation stage, wrinkles may appear worse, especially around the eyes. This will resolve once the skin heals. You can aid healing by moisturizing the skin well.

Acne – Some patients may experience a transient outbreak of acne, typically, within 7-10 days after treatment. Please contact your healthcare provider for treatment if this occurs.

Recommended Post-Procedure Products

1. EltaMD Foaming Facial Cleanser
2. Avene Cicalfate
3. Neocutis Biocream Firm
4. EltaMD Daily or EltaMD Clear