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TOTONCHI
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Care Before and After ProFractional Laser

This page contains answers to frequently asked questions regarding your care after IPL laser treatment.

What is the goal of ProFractional laser treatment? ProFractional laser(with or without the addition of a microlaser peel) – a fraction of the skin is directly treated at a deeper level which promotes collagen remodeling, with a superficial abrasion which allows quicker healing of the skin, in a matter of 5-7 days rather than The laser is used to treat fine lines, wrinkles, uneven skin tone, sun spots, skin tightening and reduces pore size and improves the appearance of superficial scarring. ProFractional can be used in combination with a micro- laser peel with no added recovery time but more intense results.

What do I need to do to prepare for Profractional laser treatments? ***Four weeks prior*** to laser treatment: Avoid tanning, excessive sun exposure, and self-tanners. Tanned skin increases the risk of permanent skin discoloration or hyperpigmentation/skin darkening. ***Two weeks prior*** to laser treatment: Stop Retin-A, Renova, Tretinoin, and Retinols. ***One day prior*** to laser treatment: Start Valtrex to prevent development of cold sores or blisters.

Will ProFractional laser therapy be painful? ***Arrive 30-45 minutes early*** for your appointment to apply topical anesthetic prior to your laser procedure.

What will I see when I look in the mirror? Your skin will have an appearance ranging from pink to red. You will have some crusty clear red to yellow drainage. You may also have some noticeable dryness and flaking over the next week. This is normal. ***Do not pick*** or peel your dry skin. Moisturize often. Occasionally, facial swelling may occur especially around the eyes. The swelling should resolve in 1-2 days.

How will my face feel? In general your face may feel mildly painful, tight, and dry and sometimes itchy. Burning, redness, and warmth are all normal sensations following ProFractional treatment. You can take Tylenol for any discomfort. Cool, damp cloths work well to minimize discomfort.

How do I care for my skin after laser therapy? You will apply Aquaphor to your full face for 3-5 days and then you may use your daily moisturizer. Reapply moisturizing creams/Aquaphor 4-6 times a day to keep your skin from drying out. ***Keep moisturized.*** You may use an over the counter antihistamine for itching to the affected area.

When can I shower? You may shower the same day and use a mild soap and water as normal.

When can I wear make-up? In general, you can wear make- up in 3-5 days. (when healed)

What restrictions do I have after laser therapy? No direct sunlight for 4 weeks. Use sunscreen with an SPF of 30-50+. Avoid Retin-A, Retinols, Salicylic Acids, and Glycolic Acids for 2 weeks post procedure.

When can I return to work? You should be able to return to work as soon as you feel comfortable. We suggest 3-5 days. You may still have redness and peeling but may use moisturizer and make-up to cover.

Do not hesitate to call the office at 216-778-2262 for any questions, problems or concerns.