



## Fractionated Resurfacing Before and After Treatment Care

### Prior to Your Treatment:

- Fill your prescriptions and take as directed.
- Purchase: Aquaphor, Cetaphil facial cleanser, 1 pint of white vinegar, one package of gauze squares, and a sunscreen with SPF 50 or higher.
- Make arrangements for someone to drive you home after your treatment.

### Day of Treatment:

- Confirm arrangements for someone to drive you home after your treatment.
- No contact lenses allowed. Wear glasses to appointment.
- Ensure you take all your medications as directed.
- Come bare-faced. Do not wear makeup or lotions of any type. This includes any eye makeup, mascara, etc.

### Immediately After Your Treatment:

- Do not apply water or wash the treated area(s) for 24 hours following treatment.
- For the first 24 hours following treatment, you may apply ice or cold compresses for up to 20 minutes at a time every two hours. Some patients report a heat sensation which may last from a few hours to a few days.
- Two hours after treatment, you may apply a light coating of Aquaphor as needed to keep the area moist. This also provides a barrier between the treated tissue and the air resulting in greater comfort during the healing process. If an area of the body other than the face has been treated, cover the treatment area with clear cellophane to keep Aquaphor from getting on clothing.
- Sleeping and resting with the head elevated above the heart the first few nights will help minimize swelling and is highly recommended.
- If needed, you may take acetaminophen or ibuprofen for discomfort. Some patients find that Benadryl is also helpful, should you experience itching.

### Beginning 24 Hours After Your Treatment:

- Follow up appointments are of paramount importance to ensure you are healing properly. Dr. Bath will see you 24 hours, 1 week, 2 weeks, 1 month and 3 months after your treatment.
- After 24 hours, you may take a tepid shower taking care to avoid hot water or steam. Continue to use ice packs as needed for swelling or discomfort (20 minutes on, 20 minutes off).
- Continue to apply a light coating of Aquaphor as needed to keep the area moist, and periodically spritz with cold water.
- Twice daily beginning 24 hours after treatment, gently cleanse the skin with Cetaphil. Do not scrub! Reapply Aquaphor after each wash. As the skin turns brown it may begin to peel. If bleeding occurs during cleansing, stop. Re-apply Aquaphor, and try again the next day. Avoid picking at skin and allow it to exfoliate gently with the washing process.
- Sleeping and resting with the head elevated above the heart the first few nights will help minimize swelling and is highly recommended.
- During healing, avoid dirty, dusty environments, hairsprays and perfumes. Avoid direct sun exposure. After day 4 or 5, you may apply a 50 SPF or higher sun block.
- Patients may resume most activity other than sun exposure after the first week.
- Three weeks following treatment patients may resume the use of retinoid topicals or glycolic containing agents.
- Do not undergo waxing, microdermabrasion or light peels over the area for three months following treatment.

**Please contact the office with any questions or concerns, 614-322-7917. After hours you may call 740-215-1898.**