

# Post Care

## 2940 FRACTIONAL ABLATIVE THERAPY

Patient response can vary after a 2940 Fractional Ablative treatment depending on the depth of the treatment. Erythema (redness) and edema (swelling) are both desired responses upon completion of the treatment.

- ▶ Apply a thin layer of post-treatment product (i.e. Colhy gel or Laser Enzyme gel) to the entire treated area. Treated area should be kept constantly moist. May re-apply product up to 3 times a day as needed. Cover pillowcase with a clean, old t-shirt or clean towel to avoid staining from product.
- ▶ NO use of makeup until skin is completely healed.
- ▶ Use Tylenol as needed for any discomfort. If an anti-viral was prescribed for you, continue to take as directed.
- ▶ NO exercise, sauna, Jacuzzis or any other activity that will heat up your body's core temperature.
- ▶ For the first 2-3 days, keep the area clean by washing with a mild cleanser and water twice a day. Be sure to wash hands thoroughly prior to washing face.
- ▶ Keep treated area away from potential bacteria producing items (i.e. cell phone, pillowcase, sunglasses) Be sure to clean items with an alcohol swab before contact and use a clean pillowcase post treatment.
- ▶ Apply the following 3-4 times a day for 5-10 minutes with gauze 4x4:  $\frac{3}{4}$  cup distilled water and 1 TBSP of vinegar. This solution will help your skin get back to its natural pH balance and will alleviate the stinging/burning sensation. Apply as needed during the healing process.
- ▶ The expected response following treatment is redness and swelling of the treated area. Swelling typically will not last more than 2-3 days. If you are concerned, please contact the spa immediately. Your NLI clinician or our Medical Director will be happy to help ease your concerns. We are available 7 days a week. 480-222-4640
- ▶ Keep head elevated to reduce swelling for up to 48 hours
- ▶ The redness may get worse within 48 hours. Minimal to moderate pain, much like the sting of a severe sunburn, may occur after the treatment. The treated area may begin to "purge" itself, which can include but not limited to: small white bumps similar to acne pimples and peeling. **DO NOT PICK, RUB OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS. THIS COULD RESULT IN SCARRING AND INFECTION.**
- ▶ While pain is unusual after the first couple days, your skin can feel tight, dry, and itchy.
- ▶ Stay out of direct sunlight, use hat, UV protected sunglasses and a medical grade physical sunblock (SPF 30 or more), as directed.

### WARNING:

If you have excessive swelling or any of the following signs of infection, contact your NLI clinician immediately. Signs of infection include:

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

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_