

**Dermatology Associates of the South Bay
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Palomar 1540 Fractional Laser Skin Resurfacing Information

What to Expect Following Treatment:

- Immediately following treatment the area will feel warm, like a sun burn, may sting and will be red-pink and have some swelling.
- The warm sensation is generally gone in less than 24 hours. The swelling can last 1-3 days, elevation of the treated area will help minimize swelling.
- There can be redness and occasional bronzing or broken capillaries may last 1-3 days following treatment. Some mild pinkness may continue for up to a few weeks. This can easily be covered with mineral make-up or tinted sunscreen.
- Your skin will be more sensitive to sun and products. You **MUST** use a sunscreen with a SPF of 30+ daily. We recommend that the sunscreen contains at least 7.5% Zinc Oxide as one of the ingredients. A Hat or visor should also be used when outside. You will need to use daily sun protection for 6 months following treatment.
- Men should not shave the treated area for 2-3 days following treatment.
- As your skin heals it may feel dry, tight or itchy 5-7 days post treatment, some flaking of the skin is also normal. This may continue for a week or more. Keeping your skin protected and hydrated with a gentle, fragrance-free moisturizer such as Cetaphil or CeraVe cream or lotion is recommended to help these symptoms. Over the counter 1% hydrocortisone cream can be used to relieve the itching. These products are available in drug stores.
- If you have a history of cold sores you will be put on medication to help prevent development of a cold sore. If you develop a cold sore following treatment please call our office.
- Some people can experience some temporary acne breakouts during the healing process. If you are acne prone please let us know so we can discuss ways to prevent this. If you do experience an acne breakout or pimples following treatment or while your skin is healing please call our office.
- You can resume use of make-up 3 days following treatment. A pure non irritating mineral make-up is preferred.
- Do not use scrubs, Retinols/ Retin-A, acids or other corrective products on your skin until instructed to do so—generally 2 weeks post treatment these can resume.
- Do not get your hair colored for 1 week post treatment.
- No strenuous exercising for 2 days following treatment.
- Because the treatment is a fractionated technology only a part of the skin surface is treated each time with the micro-columns of energy. This is why multiple treatments are needed to get and see results, generally 5 treatments done every 4-8 weeks. Your skin will continue to improve for 3-6 months following your final treatment through the continued formation of collagen and elastin in the treated area.

Pre-Treatment Preparation:

- Use a sunscreen (SPF 30+) daily for 2-3 weeks before treatment. Do not burn or tan the treatment area for 2-3 weeks before your treatment. Skin that is tan or sun burned cannot be treated.
- If instructed to use special topical products on your skin – Retin-A, Renova, Hydroquinone... please use these as instructed. **Stop using these products 5 days before your treatment.**
- If you use any scrubs, acids, benzoyl peroxide, topical vitamin C, corrective creams or serums these should also be stopped 5 days before each treatment. Be sure you review all your skincare products with your clinician prior to your treatment. You are encouraged to bring these products to the office during your consultation.
- Men should shave their face the morning of the treatment, you will be asked to not shave for 2-3 days following treatment.
- If you have been given a prescription for antiviral or antibiotic prophylaxis **please start the medication as instructed—generally the day prior to treatment.**
- If not contraindicated or allergic please bring 2 Extra Strength Tylenol (Acetaminophen 1000mg) – discuss with your specialist if you need to take just prior to treatment.
- Review the post-treatment instructions and set-up items as suggested.

Day of Treatment:

- **If you have an active infection, cold, or cold sore your treatment will need to be reschedule. Notify the office at once.**
- You can drive yourself to and from the office for this procedure.
- You will be asked to arrive at the office 45 minutes before your procedure for photos and application of a numbing cream.
- Upon arrival at the office please take the 2 Extra Strength Tylenol (Acetaminophen 1000mg) AND 4 Advil/Motrin (Ibuprofen 800 mg) you brought with you..
- If possible come without any make-up or products on your skin (except sunscreen) and in comfortable clothes. If your neck and chest are being treated please wear soft clothing that will not rub these areas post treatment.
- You will be at the office for about 2 hours. We suggest that you plan on going home after the procedure so you can cool the treated area if needed.
- The treatment will feel like warm pin pricks and is tolerable. We will use cooling measures during and following the treatment to help with comfort and swelling. Some areas will feel more sensitive than others during treatment; this is normal. Post treatment the skin will feel warm and may sting.

Post- Treatment Care:

- Immediately following treatment the area will feel warm and may sting, like a sun burn and will be red-pink and have some swelling.
 - Application of cool moist compresses and 100% pure, clear , colorless Aloe Vera gel will feel soothing and help cool the area. La Roche Posay Thermal Spring Water (available at some CVS pharmacies) is also very cooling and soothing to spray on post treatment.
 - For additional comfort and cooling apply sealed bags of frozen vegetables-(peas or corn) over the moist compress. Do not apply ice to your skin or the bag of frozen vegetable directly to your skin—it must always be placed over a moist cloth. The frozen vegetables should be removed after 15 minutes.
 - *In preparation you can take some clean wash clothes, wet them and place them in a plastic bag in the refrigerator. You can also keep the aloe gel and can of Thermal Spring Water in the refrigerator for use.*
- Do not wash the treated are the evening of your treatment.
- Sleeping with your head elevated on several pillows will help with swelling. It is possible that you will have more swelling when you wake up the morning following your treatment.
- If needed you can take Advil/Motrin 2 tabs (Ibuprofen 400 mg) for discomfort and to help with swelling.
- The day after treatment start skin care twice daily:
 - Wash the treated area with a gentle, fragrance free, non-irritating cleanser such as Cetaphil or Cerave. Use a patting not rubbing action to clean the area. Pat the skin dry.
 - Do not pick, scrub or rub the treated area. Some people may experience some mild crusting or bronzing post treatment. This will come off in 1-3 days with the gentle washing.
 - Hydrate and sooth the skin with aloe gel, Thermal Spring Water or Cetaphil or Cerave moisturizing cream or lotion.
 - Apply sunscreen that contains at least 7.5% zinc oxide with a SPF of 30+ to the treated area every day—even if you are indoors. Complete DAILY sun protection is very important and must be continued for 6 months post treatment. A hat or visor should also be used when outside.
- If prescribed, continue with your antiviral or antibiotic medication.
- You may wash your hair and shower the day after treatment. Avoid having hair products come in contact with the treated area. Do not let the shower stream forcefully hit the treated area. Water flowing over the treated area is fine.
- Men can resume shaving and women can wear non-irritating make-up 2-3 days post treatment. Use care and common sense in the products that are applied to the skin- avoid things with fragrance, if an item stings or makes your skin get red remove it and wait a few days before you try that product again. Men may find the Cetaphil cleanser is better to use than shaving cream in the first week.
- You may resume exercise 2 days post treatment.
- It is normal to have some itching, flaking of the skin and dryness 1-2 weeks after treatment; as the treated area heals, this will gradually clear. A non-irritating moisturizer or over the counter 1% Hydrocortisone Cream may be used for relief.
- Two weeks following treatment if the skin is well healed and any flaking and irritation is gone you can resume use of your Retinol (Retin A, Renova) and/or Hydroquinone on an every other night basis. You can also slowly add back in other active topical treatments you used prior to the treatment that you have discussed and cleared with your clinician.
- **You can always call our office with questions or concerns 310-370-9970.**