



Palomar 1540

Pre-Treatment Precautions

2-4 Weeks Prior:

Avoid sun exposure and/or use a sunscreen with an SPF of at least 30 within the 2 weeks prior to your tx, and completely avoid sun exposure for 48 hrs prior to your tx. Avoid self-tanners completely

For those with darker complexions or prone to hyperpigmentation, continue to use hydroquinone prior to tx.

If you have any complicated or unstable medical condition, please consult with your regular treating physician as to whether it is safe to undergo a fractional non-ablative laser tx.

1 Week Prior:

Stop Retin A (Tretinoin) and other vitamin A containing compounds such as Retinol, Differin, Ziana and Tazarac.

Stop potentially photosensitizing medications including doxycycline and tetracycline.

Unless prescribed by your regular physician, stop Aspirin, Ibuprofen, Advil, Alleve, Naproxen, Etc.

Also stop Fish Oil, omegas, Flaxseed oil, Vit E, Ginkgo, Garlic Pills and Ginseng (Multi Vitamins)

Prior To Procedure:

Items to pick up and have available post-procedure:

Post Care Kit: Sterile water gel packs, Gentle cleanser, Gentle moisturizer, UV Physical sunblock

All Prescriptions written/advised: Antivirals (coldsore), tetracycline (antibiotic), Topical steroid

Ibuprofen: Swelling (48 hrs post treatment)

Benadryl: Antihistamine

1% Hydrocortizone Cream: Itching (48 hrs post treatment)

Distilled Water

Clean Washcloths to make compresses

Prior to leaving for your treatment:

We recommend putting the sterile water gel packs in the refrigerator. Make your cool compresses: soak clean washcloths in a clean bowl with distilled water, squeeze out excess water and place in a ziplock in the refrigerator for after your treatment.

Day of Treatment:

Arrive with a clean face for topical anesthetic, photos, Etc. Bring prescriptions and a hat.

If you have a history of cold sores in the area to be treated, start Antivirals (Valtrex) as prescribed on the day of or the day prior to treatment and take for a total of 5 days.

Post-Care Instructions

First Few Hours:

Cool Compresses as needed/desired

Apply Avene sterile water gel as desired

Avoid all other products

First 48 Hours:

Cool Compresses as needed/desired

Apply Avene Water Gel: as desired

Avene Gentle Cleanser: as desired

Resume 4% Hydroquinone if prescribed: PM (can be used before or after topical steroid if prescribed)

Apply topical steroid if prescribed. Use only as prescription indicates, for duration indicated.

Take tetracycline prescription as directed if prescribed

After 72 Hours:

Avene Gentle Cleanser: as desired

Apply Growth Factor products: AM (optional)

Avene Moisturizer: as desired, spot test first

Elta MD UV Physical Sunblock: AM

If desired, apply Mineral powder with SPF such as Jane Iredale: AM, after sunblock

PM: Avene Cleanser, apply topical prescriptions, Avene moisturizer (if tolerating)

*Apply small test spot to side of face, wait 20 min, apply to the rest of the treated area if no irritation occurs. If Irritation occurs, remove with gentle cleanser and wait another 24 Hrs.

One Week Post Tx:

Resume topical Antioxidants & return to exercise program. Ok to take vitamins, aspirin, Advil, etc.

Two Weeks Post Tx:

Follow up as directed. Resume regular skincare program, Retin A and other products containing acids only if you are tolerating them. Some will need to wait 4 weeks after their treatment to resume these products. ***Avoid excessive sun exposure up to 4 wks (Or the rest of your life!)**

***Best Results are achieved in 3-5 treatments at 6 week intervals. Your skin will continue to improve in the months following your treatment series.**