

# Fractionated Resurfacing (SkinPen/SylFirm X/ CoolPeel/Light “Weekend” Tetra) Post-Op Instructions

## Before Treatment

\_\_\_\_\_ Your provider will let you know if you need to use this product. Not all treatments require use.

**2 weeks prior to appt:** Begin using Alastin Regenerating Skin Nectar twice daily. This should be applied morning and night first thing after cleansing. Your other skincare products can be applied over. **Alastin Regenerating Skin Nectar should be pick up our Skin1765 store at least 2 weeks before your treatment.**

- **1 week prior to appt:** Discontinue the use of any retinol containing products.
- **Night before appt:** If you have a history of cold sores, please let us know. You will be given a prescription for Valtrex to prevent an outbreak. Please take 1 g the night before and 1 g the morning of your treatment.

## After Treatment

Redness and swelling will increase over the first few hours following treatment. This is normal and to be expected. It is also normal to feel a “sunburn like” sensation following the treatment, where temperature regulation is somewhat off and you feel achy.

- The worst of the swelling is typically seen the morning after the treatment and will slowly subside in the days following.
- The treated areas may be temperature sensitive, so lukewarm water when bathing is recommended.
- Avoid any sun exposure for 24-48 hours. If you need to go outdoors within this time, wear a protective hat/visor. Sunscreen should not be applied the day of treatment. After the first 24-48 hours, mineral only SPF can be worn along with a protective hat/visor.
- Avoid any retinoids or exfoliating products for one week post treatment.

\_\_\_\_\_ If PRP was applied after your treatment, you should leave it on the area for at least 2 hours. After that time, you can wash it off with water and a gentle cleanser and then apply the skincare as recommended below.

\_\_\_\_\_ If Exosomes were applied after your treatment, you should leave them on. You can apply another layer in a few hours and then again before bed. There is no need to wash between applications.

\_\_\_\_\_ If Alastin Skin Nectar was applied after your treatment, you should leave it on. You can begin the additional skincare recommended below before bed.

## If You’re Experience Swelling, the Following is Recommended:

Swelling is common and expected with Tetra and Fraxel treatments and may be moderate to severe. It is less common and may not be present with SkinPen, SylFirm X and CoolPeel treatments. If swelling occurs with these treatments it tends to be mild:

- Frequent use of **ice packs**, immediately upon getting home and then on and off as needed in the days following the treatment. MORE ICE PACK APPLICATION = LESS SWELLING.
- Twice daily **antihistamines**: Claritin **or** Allegra in AM and Zyrtec or Benadryl in PM for 1-3 days, depending on amount of swelling. ANTIHISTAMINES = LESS SWELLING.
- Anti-inflammatory such as **Advil/Motrin/Ibuprofen** (600mg 3 times/day WITH FOOD TO AVOID UPSET STOMACH). ANTIINFLAMMATORIES = LESS SWELLING, REDNESS.
- Sleep with the head elevated on pillows (head above the heart) the first few nights post treatment to help minimize swelling

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## For Dryness and Exfoliation:

You may perform vinegar soaks as needed to reduce burning sensation and the possibility of infection the next few days. These soaks are also helpful during the exfoliation phase of treatments to help soften any peeling or rough skin that is ready to come off on its own.

- Mix a ratio of 1 tablespoon white vinegar to 1 pint (16 oz) of cool water. Wet a soft cloth or gauze, soak treatment site for 10-15 minutes with the dilute vinegar solution.

## Skincare After Treatment:

- Wash twice a day with a gentle cleanser (this is not provided, but some suggestions include: skin1765 Nourishing Cleanser, CeraVe, Cetaphil, etc)
- Based on the treatment performed, the following skincare (checked off) is recommended for you. Not all steps/products are required for all treatments:
- \_\_\_\_ Apply Exosomes 2-3 times a day. **Exosomes** need to be kept in the refrigerator at all times. Keep using them for 1-2 days until you run out.
- \_\_\_\_ Apply **Alastin Regenerating Skin Nectar** twice a day for 2 weeks following the treatment. This should be applied thin. It is not meant to provide hydration/moisturization.  
\_\_\_\_ **Avene Cicalfate+ Restorative Cream** or \_\_\_\_ **La Roche Posay Cicaplast Balm mixed with \_\_\_\_ Vanicream Moisturizing Ointment** or \_\_\_\_ **Aquaphor** - Starting the night of treatment mix the two products provided to you together and apply a thin layer multiple times a day, as needed to keep skin "glistening" all waking hours. Your skin should never feel tight or dried out. If it does, you should apply these products more frequently.  
\_\_\_\_ **Skin Medica SPF 35 Mineral Shield** (provided with Tetra and Fraxel treatments) or \_\_\_\_ **Mineral sunscreen of your choice** - Starting the day after treatment be sure to keep your skin well protected from the with frequent applications of sunscreen. Sun exposure should still be avoided whenever possible.

## Additional Information:

- There may be areas of pinpoint bleeding. This is normal and can be cleaned with tepid water.
- Avoid exercise at least 24 hours post treatment
- Makeup is discouraged for as long as possible, preferably 1-2 days. If needed, you can apply the day after the treatment but it should not be applied at all the day of treatment.
- Avoid any retinoids or exfoliating products for 1 week post treatment.

Please call or contact us through Klara with any concerns regarding treatment.



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