

Post ProFractional™ Instructions

Patient response can vary after a ProFractional treatment. Erythema (redness), edema (swelling) and pinpoint oozing are the desired responses within a few minutes after completion of the procedure. The degree of redness, oozing and healing time will increase with the depth and percentage of your treatment.

- Redness normally persists for 24 hours – to 3 days after treatment and is patient dependent
- Oozing may persist for 24 hours after the treatment.
- Swelling is typically a short-term response. Use of a cold compress or ice packs will help to alleviate swelling. To avoid further swelling, you may choose to sleep in an upright position or propped up with a pillow first night of treatment.
- If an antiviral medicine was prescribed for you, continue to take it as directed.
- While not commonly needed, post treatment discomfort may be relieved by oral pain relievers; i.e., Extra Strength Tylenol and ice.
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- Cleanse the skin two times a day with lukewarm water and a gentle cleanser; i.e., Cetaphil, ELTA foaming facial cleanser, beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. Be careful not to rub the treated area.
- After cleansing your face, reapply the occlusive barrier, i.e., ELTA MOISTURIZER, taking care to cover all treated areas. The occlusive barrier is needed hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. Typically, the occlusive barrier is only needed 24 – 48 hours. Reapply the occlusive barrier many times as needed throughout the day. **Do not allow the treated area to dry out.**
- Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING AND INFECTION!** Gently washing the skin more frequently will help to promote the peeling process.
- Avoid direct sunlight for up to 2 months post treatment.
- Once the skin has healed you are no longer wearing the occlusive barrier you may begin to wear makeup and sunblock. A sunblock should be worn on a daily basis to help prevent any hyperpigmentation that could be caused by direct and indirect sunlight. Such as Elta MD UV Elements or UV Restore.
- When showering, be sure to rinse your hair behind you to avoid getting shampoo directly on the treated area. Avoid strenuous exercise and sweating until after skin has healed.
- ProFractional treatments are usually performed in a series for optimal results. Your next treatment will typically be within 4-6 weeks.
- Please keep your day 2 post treatment follow-up so we can monitor your healing and review the after-care procedures together.

*****CONTACT THE OFFICE DIRECTLY AT 561-750-0544 IF YOU HAVE ANY CONCERNS*****