



## HYBRID FRACTIONAL LASER

### Pre-treatment instructions:

- The day before treatment, begin antibiotic and antiviral medications in the am.
- The morning before treatment, avoid make up.
- Wash face simply, you may apply moisturizer.
- Apply EMLA anesthetic cream one hour before procedure, and take any pain medications that you have been prescribed (remember to have a driver.) If you have not been prescribed medications, you may take Tylenol, Motrin, or Aleve.
- Reapply EMLA cream 30 minutes prior to the procedure.

### Immediately after the procedure:

- You may apply Cicalfate cream to keep skin moist.
- Avoid make up the same day as the procedure.
- You may use cool packs to dissipate heat.

### The next day (day 1):

- Skin will begin to feel dry and slightly pink. You may mix cicalfate with make up or BB cream.

### Day 2:

- Skin will begin to turn brown as MENDS come to surface.
- You may wear cicalfate and make up as desired.

### Day 3:

- Continue cicalfate to keep skin moist . You may wear make up.
- The central portion of your face may begin to flake or peel. DO NOT SCRUB or try to speed up peeling process.

### Day 4:

- The central portion of your face will continue to peel and the peripheral areas will begin to peel as well. DO NOT SCRUB or try to speed up the peeling process.
- Continue the use of the cicalfate and you may wear make up.

### Suggested products:

- Avene Cicalfate
- Elta MD Sunscreen
- Jane Iredale BB Cream