

Fractional Laser Treatment

Pre-Treatment Instructions

- This is a great treatment for lines, wrinkles, crepy skin, acne scars, prevention of aging and lax skin.
- If you have a history of diabetes, herpes, blood coagulation disorders, keloid, hypertrophic scarring, Accutane in the last year, be sure you have discussed your medical history with the nurse or Dr. Scheel.
- Discontinue sun tanning or excessive unprotected sun exposure one month (4 weeks) before your first treatment and throughout the treatment course. Best results and least side effects are obtained with sun protection and good skin care!
- Discontinue the use of exfoliating products, retinoids, glycolics and alpha-hydroxy acid products 1 week prior before and after each treatment. If you forget, just let us know. Discontinue use of over-the-counter medications like Aspirin, Ibuprofen, Vitamin E and fish oil for one week prior to procedure to decrease the risk of bleeding and bruising. Discontinue alcohol one day prior to procedure.
- Claritin may be taken before procedure to decrease histamine/swelling response associated with the procedure. Benadryl may be taken night of procedure to help with swelling if associated with itching.
- You will need uncontaminated skin care products for use 7 days after your treatment. These include a mild facial cleanser, a high quality sunblock (zinc or titanium dioxide of greater than 10%) and makeup, if you use it. You will also need clean or new sponges and brushes. The most common reason for infection or acne eruption is use of home products that have accumulated bacteria and poor hygiene.
- On the day of treatment, please come to the office with clean skin, the treatment area free of any makeup, creams, perfumes and lotions; except your sunscreen!
- Do not have this treatment if there is a possibility that you may be pregnant.
- If you have a history of herpes outbreaks in the areas being treated, let us know. We recommend that you take Lysine 500mg daily for one week before the treatment. We can also prescribe medications for prevention or treatment of herpes outbreaks during your treatment, like Valtrex, Acyclovir or Famvir, to be started the day before or day of treatment.
- A topical herbal anti-inflammatory like Florosone (Dr.Scheel or Health food store) or Hydrocortisone 1% (Drugstore) can be used if you experience redness or burning. For severe discomfort, a pain reliever such as ibuprofen or acetaminophen can be used. If open areas occur or if you inadvertently pick at a lesion, an antibiotic ointment may also be needed, like Bacitracin.

Please call 808-329-1146 if you have any questions prior to or after your treatment