



# **REVIVE 1540 Fractional Non-Ablative Pre-Post Guidelines**

## **PRE-TREATMENT GUIDELINES**

Beginning 2 weeks prior to treatment:

- Avoid sun-exposure or tanning beds, bronzers and self tanners. Skin must be clear of all residues prior to treatment.
- Discontinue use of topical exfoliating agents (Glycolics/ Alpha or Beta-hydroxy acids)
- Discontinue retinoid medications e.g. Retinol, Tretinoin (Retin-A/ Atralin), Adapalene (Differin), Tazarotene (Tazorac), etc. and OTC anti-aging products contain retinol or retinaldehyde.
- The evening before treatment wash your bedding and pillowcases with unscented detergent, consider an extra clean pillow to elevate head.
- Combine 1/4 cup white vinegar with 4 cups distilled water, in a glass bowl with a cover. Chill.
- If you have a history of cold sores, speak with your provider to begin prophylactic anti viral treatment 2 days prior to treatment. Continue using for 2 days after treatment.

## **POST-TREATMENT GUIDELINES**

- Avoid adding heat and additional cooling the skin during first day or treatment. **Application of cool gel packs *only if necessary*** and appropriate topical creams (if directed) immediately following treatment can help alleviate post treatment itchiness and tingling that may occur. Remember heat from the treatment will stimulate beneficial collagen production. Avoid unnecessary cooling for the first two days.
- You should consider your skin as an open wound for 36hours. Avoid contaminants such as smoke, dirt, debris, dust, pet contact. Avoid touching the treated area. be mindful of anything that contacts your skin.
- Sanitize your phone and eyeglasses.
- Try to sleep on your back.
- Wash your hands often.
- SPF 30 or higher containing UVA/UVB protection with sun blockers such as zinc oxide or titanium dioxide are recommended up to 6 months following last treatment.
- Gentle cleansing and use of non-irritating cosmetics are permitted after treatment (as directed by physician).
- Those prone to acne outbreaks should avoid heavy makeup or moisturizers for 24 hours post treatment.
- Following a more aggressive treatment, it may be helpful to use some topical moisturizer or therapy (if directed) on the skin during the healing process to help minimize trans-epidermal water loss to reduce dryness or crusting.
- To help remove debris and bronzing of skin that can appear 1 to 4 days after treatment, soak treated areas for 5 ? 15 minutes with wet wash cloth, and then gently remove debris. **Do not pick at or scrub the treated areas as this can result in scarring.**
- It is suggested that retinoids (Retinol, Retin-A, Atralin, etc.) be discontinued 1-2 weeks prior to the initial treatment and throughout the course of treatment. The use of retinoids during the treatment course may result in undesirable side effects and prolonged healing.
- **Stretch-marks & Scar Treatments:** Avoid tight-fitting clothes around the treated areas for three (3) months after the last laser treatment.
- Those being treated may experience significant redness, broken capillaries and bronzing in the treatment area for approximately 3-5 days after treatment. This may persist in a mild form for several weeks particularly in areas other than the face.
- Once the treatment area has healed, some itching or dryness may occur. This will gradually clear. The use of non-irritating moisturizers may provide some relief.
- Using the vinegar/distilled water solution from your refrigerator, pour small amounts onto clean gauze or cotton pads and place on face every 2-3 hours, discard gauze when no longer chilled.
- It can take up to 2 weeks to completely heal from a fractionated laser treatment.
- **NO MAKEUP FOR 48 HOURS**-Give your skin a break! its a great time to overhaul your makeup kit and clean all of your brushes!
- Avoid prolonged heat such as steam rooms, jacuzzis, saunas, tanning beds, extremely hot showers or overly strenuous activity.
- Do not pick or scratch your skin!

## **1540 POSSIBLE SIDE EFFECTS**

- A low risk of prolonged itching, redness, and blistering.

- A risk of hyperpigmentation (dark pigment), hypopigmentation (light pigment), burns, bruising, or blistering may occur, some of which may result in scarring.
- Transient erythema (redness) or edema (swelling) immediately after treatment.
- Bronzing, which is brown debris on the surface of the skin, may develop a few days post treatment. This is a desirable clinical end-point and will naturally exfoliate off over the next 14 days.
- Risk of infection following treatment, potentially resulting in side effects mentioned above.
- Acne breakouts. (Avoid heavy make-ups and using recommended products will reduce this risk).
- Post-Inflammatory Hyperpigmentation (PIH).
- Social downtime.
- Histamine reactions can occur, Benadryl may be used

## **STAY HYDRATED**

You may schedule your next treatment no earlier than 5 week intervals. Best results achieved if you complete your full treatment at the intervals recommended by your technician.

**If you experience symptoms of an infection such as increased pain, increased swelling, cloudy drainage or fever over 101F please call our office at [\(907\) 371-1766](tel:9073711766).**