

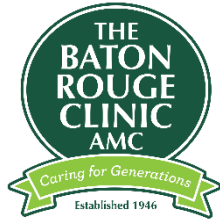
The Baton Rouge Clinic, AMC Laser & Aesthetics Department Appointments & Office: (225) 246-9741

ProFractional – XC™ Post-Treatment Instructions

If you have had a combination MLP® and ProFractional – XC treatment, follow MLP post instructions.

Patient response can vary after a ProFractional treatment. Redness, swelling, and pinpoint bleeding or oozing are normal and occur within a few minutes of the procedure. The degree of symptoms and healing time will increase with the depth and intensity of your treatment.

- Redness normally persists for 24-hours to 3 days depending upon the depth of the treatment. Sometimes the treated skin will turn brown before beginning to peel or flake off.
- 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 relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment. Swelling is typically worse when you first wake up in the morning and around your eyes and mouth.
- Always wash your hands before touching your face.
- If an antiviral was prescribed for you, continue to take as directed.
- Post treatment discomfort is typically minimal, but if the area is very uncomfortable, over-the-counter pain relievers such as acetaminophen (*Regular or Extra Strength Tylenol*) may be used. You should avoid Ibuprofen (*Motrin, Advil*), Naproxen (*Aleve*), and Aspirin for a week after the procedure. You should also avoid these medications (*except Tylenol*) for a week before any other ProFractional procedure.
- A cold compress or ice pack can be used to provide comfort if the treated area is especially warm. You may also use a spritz bottle filled with cool water. Cooling is typically only needed within the first 12-hours after the treatment.
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser (*such as Cetaphil Gentle 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, apply an occlusive barrier (*such as Aquaphor Healing Ointment or other balm recommended by your physician*) taking care to cover all treated areas. The occlusive barrier is needed to provide a protective layer that will 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 for 24-48 hours. Reapply the occlusive barrier as needed. **Do not allow the treated area to dry out.** You may change to a bland, fragrance free moisturizer lotion or cream once the skin is no longer sensitive, oozing, or raw.
- You can cover your pillow with an old t-shirt to keep the ointment off your bed linens.
- If the gentle cleanser is not adequately removing the ointment when you wash your face, you may cleanse with a solution of vinegar-water (*1-2 tablespoons of white vinegar per cup of water*). Sponge or spray this mixture on the area and rinse off.



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- Although some people will only feel sandpapery, flaking and/or peeling may occur after the first 24-hours 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 will help with roughness and flaking, but do not wash more than twice a day.
- In some patients, the new skin may be noticeably pink for up to two weeks after healing.
- **Avoid sun exposure or tanning for at least 4 weeks after treatment.** You will need to avoid sun exposure and tanning for at least 4 weeks before any future ProFractional treatments.
- Once skin has healed (*no longer wearing the occlusive barrier*) you may begin to wear makeup. If you are able to wear makeup, a sunblock should be worn on a daily basis to help prevent any discoloration that could be caused by direct and indirect sunlight.
- When showering be sure to wash your hair behind you to avoid getting shampoo directly on the treated area. Also, do not let hairspray get on the treated skin until it has healed.
- Avoid getting overheated and sweating until after skin has healed. This includes strenuous exercise, saunas, steam rooms, hot tubs, or hot showers. Do not swim for the first week.
- Men should avoid shaving until skin is no longer oozing/bleeding and should only shave with an electric razor for the first week. You may resume using a blade razor only when the skin is no longer sensitive.
- Avoid smoking for 3 weeks after the procedure. You should also avoid smoking for 3 weeks prior to any other procedures that are scheduled.
- Mild itching is not uncommon during healing, but if it becomes bothersome, you may use over the counter Hydrocortisone 1% cream as needed. For severe itch unrelieved by Hydrocortisone 1% cream or for rash, contact the office.
- ProFractional treatments are usually performed in a series. Your next treatment will typically be within 4-6 weeks.

Warning: Some redness, swelling, and warmth is normal immediately after treatment. If it becomes excessive or if you experience any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- Drainage that looks like pus.
- Sudden increase in warmth at or around the treated area.
- Fever of 101.5 degrees F or greater.
- Severe pain.