



### FRACTORA RADIOFREQUENCY MICRONEEDLING

Fractional radio-frequency energy found in Fractora is a scientifically proven method to reduce wrinkles, tighten skin, treat active cystic acne and acne scarring as well as discoloration. Full face, neck and décolleté as well as nose can be treated. Fractora treatments can be used on the body for stretch marks or scars. Results are cumulative; changes may be seen after your first session, however, optimal results continue up to 6 months after your third session. As with all services it is important for you to use your medical grade skin care regime before and after treatments. We recommend using Skin-gestible Luma Glow Fatty Acid Antioxidant Oil Blend™ to treat your skin from the inside out. Schedule your Complimentary Reveal360™ Skin Care consultation to determine a skincare regime that will give you the best results.

### CONTRAINDICATIONS

- History of herpes, cold sores, must pre-medicate
- Active cold sores or warts, excessively sensitive skin, irritation, eczema, dermatitis or inflammatory rosacea or who are sunburned in the areas to be treated
- Have an active skin infection or tattoo at the site
- Have a pacemaker or internal defibrillator
- Patients who have taken Accutane/Epuris/isotretinoin in the past 3-6 months (discuss with your provider)
- Patients who are actively undergoing chemotherapy or radiation
- Compromised immune system or active infections
- Patients with vitiligo
- Patients who are pregnant and breastfeeding (discuss with treatment providers)
- Light sensitizing Medications
- Cannot have the treatment if you have a history of keloid scarring.
- Darker skin types may require a patch test at the discretion of your treatment provider
- Allergies to topical anesthesia such as lidocaine, please let us know as we often used anesthesia

### PRE-CARE INSTRUCTIONS

#### 4 Weeks before

- **No active tanning** prior to treatment including UV tanning beds and self-tanning products
- Must use sunscreen on area to be treated (SPF 30+) and reapply throughout the day. This can be done by using Colorescience Sunforgettable powdered sunscreen.
- Patients who have had dermal filler injections should wait 4-6 weeks before receiving Fractora
- Please advise your medical provider with history of allergies, medications and **any** changes in medical history

#### 2 Weeks Before

- Patients who have had Botox \ should wait until full effect of their treatment is seen before receiving Fractora (approx. 14 days)
- To reduce down time and ensure optimal results use ALASTIN Regenerating SkinNECTAR with Trihex Technology ® Apply 2 pumps twice daily

#### 3-5 Days Before:

- Discontinue products containing retinol, prescription retinoids (such as Retin-A, Renova, Differin (Adapalene 0.1), Tazorac)
- Discontinue products containing Salicylic Acid, Alpha Hydroxy Acids (AHA's), BHA's, Benzoyl Peroxide, glycolic acid, lactic acid, vitamin C, facial scrubs
- No waxing in treated areas, no laser hair removal, electrolysis, or depilatory creams.
- Discontinue use of Aspirin (ASA), NSAIDS such as Ibuprofen, Advil, Motrin, Aleve and some arthritis medications. All healthy antioxidants will make you prone to bruising including Luma-Glow Oil.
- Please arrive to your appointment well-hydrated and wearing loose fitting clothing, preferably a zip up sweater or button up shirt/zip up sweater
- Avoid smoking and Alcohol 3-5 days before procedure

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#### **PURCHASE BEFORE TREATMENT DAY:**

- ALASTIN Regenerating Skin Nectar
- Eucerin Aquaphor healing ointment 3.5 ounce
- Milky Way Restorative Cleanser

#### **POST-CARE INSTRUCTIONS**

- You may have crustiness, bronzing, peeling and itching. This will improve daily. Treatment areas off the face such as the neck and chest will take longer to heal.
  - Common effects after treatment: Redness, mild swelling and mild bruising. Mild blistering is rare, but may occur. Scabbing of the skin that may last up to 3 weeks after treatment. Treated skin will feel tight, appear red like a sunburn for mild treatments and may appear swollen with pinpoint bleeding with deeper treatments. Swelling and redness can last several days to 2 weeks depending on your skin's response
  - Redness normally persists for 24 hours – to 3 days depending upon the depth of 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.
  - If swelling occurs take an antihistamine such as Reactine, Clariton, (non sedating)
  - If an antiviral was prescribed for you, continue to take as directed.
  - While not commonly needed, post treatment discomfort may be relieved by oral pain relievers (Extra Strength Tylenol)
  - 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.
    - In order to facilitate healing, use the vinegar soak protocol found below
  - Cleanse the skin two times a day with plain, lukewarm water and Milky way 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. Ensure to disinfect your hands before cleansing the skin.
  - After cleansing your face, apply 2 pumps of ALASTIN Regenerating SkinNECTAR, then apply **Aquaphor**, taking care to cover all treated areas. The occlusive barrier (Aquaphor) is needed to provide a protective barrier that will hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. Typically, the Aquaphor is needed up to 4 days. Reapply the Aquaphor as needed throughout the day (minimum 2-4 times). **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.
  - On the 2nd or 3rd day after treatment, you will increasingly notice tiny dark spots and bronzed appearance to the treated skin. This is called the MENDS (microscopic epidermal necrotic debris). In individuals with heavily pigmented skin, or in areas where sun damage has produced pigmented lesions, the microscopic wounds, known as MENDS, contain large amounts of melanin. Because there are so many MENDS, they can make the skin look bronzed and small areas appear crusted (do not try to scratch them off). This is part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and have a sandpaper texture and will begin to flake and peel. If the face is treated, it could take 5-7 days for the peeling process to be completed. If the neck, chest or anywhere on the body was treated, this process could take up to 2 weeks.
  - Avoid direct sunlight for up to 2 months post treatment.
  - Daily SPF application (SPF 30 or higher) is mandatory for the first 2 weeks following treatment and should continue indefinitely into the future.. Apply SPF on top of other topicals.
  - To Enhance treatment results and facilitate healing use ALASTIN Regenerating Skin Nectar for 6 weeks post treatment
    - You may use makeup after the skin has re-epithelialized around day 3. Do not apply makeup if there are open areas.
  - When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated

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- When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated area.
- Avoid strenuous exercise and sweating until after skin has healed.
  - Avoid swimming, hot tubs, & saunas for 48 hours following your treatment or until skin is healed
- If you wear corrective lenses ensure that they are disinfected before using on the face
- Fractora treatments are usually performed in a series. Your next treatment will typically be within 4-6 weeks.

**IMPORTANT INFORMATION:**

**Please contact us if you experience any adverse reactions such as prolonged swelling, prolonged redness, or blistering.**

**Phone: 905 682 3447 Email: [info@aegismd.ca](mailto:info@aegismd.ca)  
(Available weekends and after hours)**

**VINEGAR SOAK PROTOCOL**

The Vinegar soak for wounds helps speed the healing process and reduce risk of infection. This soak will act as an antibiotic as the vinegar solution is a deterrent to certain bacterial growth. It will also act like a toner to restore the acidic balance of the skin and offers soothing relief of discomfort.

The healing regimen includes soaking the skin with a dilute solution of vinegar water at the concentration of 1 oz-2 cups of water (if you prefer: 2 oz of vinegar in a 250ml bottle). Soak clean cloths in the solution and apply wet to the healing skin for 15-20 mins per application. After soaking the skin, apply a topical barrier cream such as Aquaphor to the skin to prevent the tissue from drying and encourage epidermal healing until the next vinegar water application. These cycles of vinegar water soaks followed by the application of healing ointments are constant throughout the healing process. We encourage the vinegar soaks 3-4 times per day. This protocol is optional, and your provider will direct you as to how often, how many days and if you need to do this protocol.

**If you have any questions or concerns, please do not hesitate to contact the clinic.**

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