



**AEGIS | MD**

FACE • BODY • SKIN • VEINS

## **FRACTIONAL LASER RESURFACING**

Fractional Laser Resurfacing is a laser resurfacing procedure that can improve textural changes of aging, acne scarring and overall rejuvenation of the skin. 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
- 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**

- If you are treating acne or acne scarring, pre medicating orally may be advised by your provider. This will be discussed at your consultation.
- Please advise your medical provider with history of allergies, medications and **any** changes in medical history

#### **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.

#### **2 Weeks Before**

- Patients who have had Botox and dermal filler injections should wait until full effect of their treatment is seen before receiving profractional (approx. 14 days)

## **2 Weeks Before**

- Patients who have had Botox and dermal filler injections should wait until full effect of their treatment is seen before receiving profractional (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

## **PURCHASE BEFORE TREATMENT DAY:**

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

## **POST-CARE INSTRUCTIONS**

- **Intense burning, redness, warmth, and a sunburned sensation are normal responses.**  
The discomfort and redness generally last 2-8 hours after the procedure.
- Some patients will wake up with facial swelling, particularly around the eyes for several days following the treatment. This is normal and usually resolves within 3-5 days
- Within 48 hours the redness will have significantly improved. The day after the procedure, your skin will feel tight and may be itchy. Peeling or flaking will start on the 2nd or 3rd day following your treatment.
- The degree of redness, oozing and healing time will increase with the depth and percentage of your treatment
- Redness normally persists for 24 hours – to 3 days depending upon the depth of the treatment.
- 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.
- If swelling occurs take an antihistamine such as Reactine, Clariton, (non sedating)
- Break outs and pimples may occur for which we can treat with topical antibiotic cream. Please notify your provider if this happens
- 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; i.e. 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.
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser (Cetaphil or Cerave), 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.
- In order to facilitate healing, use the vinegar soak protocol found below
- After cleansing your face, apply 2 pumps of ALASTIN Regenerating SkinNECTAR, then apply

- In order to facilitate healing, use the vinegar soak protocol found below
- 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 only needed 24 – 48 hours. Reapply the Aquaphor as needed throughout the day (minimum 2-4 times). **Do not allow the treated area to dry out.**
- 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.
- Avoid direct sunlight for up to 2 months post treatment.
- 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.
- 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 hyperpigmentation 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.
- To avoid contamination change pillow cases and towels daily. Avoid contact with animal saliva.
- 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
- Fractional treatments may be performed in a series. Your next treatment will typically be within 4-6 weeks.

### **WARNING**

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater

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

**Phone: 905 682 3447 Email: [info@aegismd.ca](mailto:info@aegismd.ca)**

**(Available weekends and after hours)**

## **VINEGAR SOAKS**

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

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 occlusive barrier such as Aquaphor 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.**

**Phone: 905 682 3447 Email: [info@aegismd.ca](mailto:info@aegismd.ca)**