

**Before your FRACTIONAL (FX) treatment:**

Have a consultation first to see if you are a candidate.

Avoid sun-exposure and tanning beds for 2 weeks prior. If tan, allow it to fade for 4-6 weeks before having treatment. Bring a large hat to wear after your appointment for sun protection.

Discontinue use of topical exfoliating agents (Glycolics/Alpha or Beta-hydroxy acids) and Retin-A and retinoid medications such as Retinol, Atralin, Tretinoin, Differin, Tazorac for at least 3 days prior.

Accutane must be discontinued for at least 6 months.

If you have had cold sores in the past, take an antiviral (Valtrex) starting the morning of the appointment and continue for 7 days or as directed by PCP. We can e-scribe a prescription for you if needed. Please let us know at the time of the consultation.

We offer a complementary prescription strength numbing cream that will be applied during your appointment - please arrive with a clean face.

Sometimes a Silkpeel is advised immediately prior to treatment. This is a quick painless 15 minute exfoliating process that prepares the skin for best results - inquire at time of consultation.

**After your FRACTIONAL (FX) treatment:**

Immediately following the treatment ice packs or an ice roller will be used to cool the area. You might feel warm, appear pink or red, and some slight swelling can occur. You can continue icing and use OTC pain relievers as tolerated after returning home if desired.

A healing cream or serum and sunscreen will be applied. Re-apply sunscreen in 2 hours. Avoid injury, heat and sun for at least 2 weeks. Use extra pillows at night to avoid swelling.

Use Epionce Kit (\$30.00) for the next 3 days as directed on the package. Then continue using the Obagi system, skin lighteners, and Retin-A. Continue using 50+ sunscreen. We sell a variety of high quality sunscreens. Ask the front desk as you are checking out for assistance.

Microdermabrasion is okay in 2-3 weeks depending on healing time.

If body area is treated, avoid tight fitting clothes for several weeks to prevent irritation.