



## **HYBRID FRACTIONAL LASER INSTRUCTIONS**

### **Pre-treatment:**

- Use a daily physical sunscreen and avoid sun exposure, spray tan, and self-tanner at least 2 weeks prior to treatment.
- Stop using retinol, tretinoin and AHA's in treatment area for 1 week prior to treatment.
- If you are prone to cold sores around your mouth, take any needed preventative medications.
- Tell your provider if you have ever taken Accutane.

### **Post-treatment Days 1-2:**

- For the first 1 to 2 days after treatment, your skin may look red, irritated, and swollen. It may feel similar to a mild sunburn. This is a normal reaction.
- Use a gentle cleanser and Aquaphor for the first 48 hours.
- Sleeping with head elevated and using a clean, cold compress can help with swelling and discomfort.
- Avoid strenuous exercise until redness and swelling have resolved.

### **Post-treatment Day 3 & After:**

- Any dark spots on the treatment area may darken prior to flaking off. Do not pick at or try to scrub these spots as this may cause irritation or scarring. They will fade or flake away without any intervention.
- Sunscreen and makeup may be applied once skin is completely healed. Use a daily physical sunscreen. Avoid sun exposure and/or tanning beds as exposure to UV rays may cause hyperpigmentation in the weeks and months following your treatment.
- Avoid using retinol, tretinoin and AHA's for 1 week after the treatment.
- Contact your provider in the event of a fever over 101.5 F, pus-like drainage, localized warmth and tenderness, or for any concerns.