

Turner Dermatology

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FRACTIONAL ERBIUM (PIXEL) PRE-TREATMENT INSTRUCTIONS

1. Avoid going in the sun without SPF 30+ sunscreen (must contain UVA/UVB filters) for at least 4 weeks prior to treatment. You can NOT be treated with tanned skin.
2. Ensure treatment area is free of sunburn, suntan, cold sores, inflammatory acne, eczema, hypo/hyperpigmentation. The doctor will prescribe antivirals if you have history of cold sores. Please inform your doctor prior to treatment.
3. Avoid blood-thinning medications when able (Aspirin, Ibuprofen, or Aleve) to help minimize bruising.
4. Do NOT come to the office with fully applied makeup. Come with a cleansed-face free of products. Men are to be clean-shaven over the treatment areas.
5. Stop the use of retinoids (Retin-A, vitamin A analogues) at least a week prior to procedure. In addition, avoid glycolic acid, alpha-hydroxy acids immediately prior to treatment.
6. In general, recent use of **isotretinoin**, within 6 months is not permitted. You may discuss this with your doctor.

FRACTIONAL ERBIUM (PIXEL) POST-TREATMENT INSTRUCTIONS

1. Immediately following treatment your skin may sting and feel hot like a sunburn. A cool compress will be provided to help relieve this sensation quickly. Continued application of cool compresses at home also helps reduce the risk of swelling.

2. Avoidance of excessive exercise, alcohol and smoking for a week after your treatment will improve your recovery. Gyms carry lots of bacteria and debris and can increase your risk of infection so avoid these environments in the first 48 hours.
3. **DAY 1:** For the first 24-hours/overnight apply the recommended moisture therapy which will be Aquaphor or equivalent ointment-based healing balm unless otherwise directed by your physician. For acne-prone patients you may be recommended to use hyaluronic acid-based or bland moisturizers after initial ointment-based application. NO astringents, toners, Retin A or alpha-hydroxy acid products until skin is fully healed as below.
4. **DAY 2-3:** Use a gentle cleanser free of acids (Cetaphil, Cerave) to the treatment area twice daily. Pat the skin dry and DO NOT scrub (exfoliate) or shear the skin. Apply the hydration therapy such as Aquaphor to the treatment area.
5. **DAY 4-7:** You will have noticed fine scabbing by this time and a bronzing of the skin. This is normal. Blisters are not normal at any healing phase and call your doctor. Treated areas may feel dry, flaky and itchy. Be careful not to scrub these areas during the healing period and, in particular, not to pick at any skin. Continue twice daily cleansers at this time, hydration therapy with Aquaphor or equivalent healing balm. You may now use SPF 30+ if going out. We prefer the use of chemical-free sunscreens such as zinc oxide or titanium dioxide. You may use mineral-based makeup at this time on Day 4-5. Your skin will be peeling at this time and faint pink skin depending on your skin type may be underlying. If you were treated off the face your healing time will be longer for the neck/chest/hands.
6. **Post Day 7:** As long as there is no continued irritation or post-procedure healing signs as above you may resume your normal skin care routine.
7. Some patients rarely observe a fine grid-like patterning of the skin that may be apparent after healing. This reflects a

demarcation between treated and untreated areas and if persistent can be blended at your next visit. Remember fractionated erbium (PIXEL) therapies are multiple treatment sessions and the expectation is not complete resolution of skin concerns in one session. Each session has a fee associated with the visit, as these are cosmetic in nature and not covered by insurance.

8. It is very important to avoid exposing the area to the sun for at least one month after treatment and preferably ongoing in order to maintain your results. Wear a hat and apply a SPF 30+ sunscreen on a daily basis. Failure to do so can result in complications, skin damage, and return of the treated problem areas.

Please make a follow up appointment as recommended by the doctor. Call the office at 212-644-8581 if you are experiencing persistent redness, swelling, blistering, tenderness, or any other concerning symptoms as they may be a sign of infection or other adverse effect.