

TURNER DERMATOLOGY

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Fractional Ablative Laser Resurfacing

Fractional laser resurfacing targets fine lines, wrinkles, acne scarring, and uneven skin pigmentation, stimulating collagen production for a rejuvenated complexion. Fractional Ablative Laser Resurfacing is available for challenging areas, softening wrinkles and sun damage over multiple sessions.

Pre-Treatment Instructions for Fractional Ablative Laser Resurfacing:

- **Cold Sores History:** Inform the doctor if you have a history of cold sores to receive advice on antiviral therapy prior to treatment. If you have a history of cold sores, you should take a prophylactic tablet once a day for 7 days, starting the day BEFORE the procedure.
- **Sun Protection:** Avoid sun exposure and use SPF 30+ sunscreen with UVA/UVB filters for at least 30 days before treatment. Tanned skin cannot be treated.
- **Skin Condition:** Ensure the treatment area is free of sunburn, suntan, cold sores, inflammatory acne, eczema, and hypo/hyperpigmentation. Inform your physician if you have a history of vitiligo.
- **Skin Care Precautions:** Stop using retinoids (Retin-A, vitamin A analogues) at least a week before treatment. These products can increase skin sensitivity and potential irritation during the treatment. Avoid products with alpha hydroxy acid (AHA) such as glycolic or lactic acid or salicylic acid products, waxing, electrolysis, masks, scrubs or exfoliants, tweezing, injections, microdermabrasion, the use of loofah or any products that may be drying or irritating 72 hours before your treatment.
- **Isotretinoin:** Isotretinoin use is a contraindication to the procedure and if you have used isotretinoin (also known as Accutane) within 6 months to a year of treatment discuss this with the doctor.
- **Facial Hair:** If you have facial hair, please shave the treatment area one day before your scheduled treatment.

Day of Treatment:

- **Topical Anesthetic:** Anesthetic is not required or recommended for this treatment.
- **Arrive with a Clean Face:** Makeup and impurities can interfere with the treatment.
- **Immediate Post-Treatment:** Tenderness, a heat sensation, and redness are common after fractional laser skin resurfacing. In the office, a serum or ointment, along with a cold pack, may be applied to alleviate any sensations.

Post-Treatment Instructions for Fractional Ablative Laser Resurfacing:

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- **Post-Treatment:** After the treatment, your skin may appear as though you have a sunburn and feel warm and swollen. This is normal and will subside and can take up to 3-5 days to resolve. Day 1: Apply healing ointment overnight. Avoid astringents, toners, Retin A, or alpha-hydroxy acid products until fully healed. Days 2-3: Use a gentle cleanser without acids twice daily. Pat skin dry and avoid scrubbing. Apply healing ointment. Days 4-7: Expect fine scabbing and bronzing, which are normal. Avoid picking. Continue with gentle cleansers and healing ointment. Use SPF 30+ sunscreen if outdoors, preferably chemical-free. Mineral-based makeup can be used on Days 4-5. Longer healing may occur off the face. The treated areas may feel dry, flaky, and itchy. Do not scrub or pick at the skin. Use only bland moisturizers that are recommended until healed.
- **Avoid Strenuous Activities:** Refrain from strenuous exercise or activities for at least 48 hours. Gyms can harbor bacteria, so avoid them in the first 48 hours.
- **Gentle Skincare Routine:** Begin using a gentle cleanser, moisturizer, and SPF as recommended by your provider.
- **Strict Sun Avoidance/Sun Protection:** For best results and to avoid complications or skin damage, it is important to avoid direct sun exposure for at least 30 days after treatment and apply SPF 30+ sunscreen daily. Sun tanned skin cannot be treated.
- **Makeup Application:** Wait until skin is healed completely before applying any makeup.
- **Follow-Up Appointments:** Attend follow-up appointments with your healthcare provider to review your progress and discuss any concerns. Optimal results require 3 treatments. You may schedule the next session 6 weeks after your initial treatment.
- **Report Any Unusual Reactions:** If you notice unusual redness, swelling, persistent pain, or signs of infection (such as increased redness, blisters, warmth, or weeping or oozing), contact your healthcare provider promptly.

Remember, individual healing experiences may vary, and it's crucial to follow your provider's specific instructions for optimal results and minimal complications. If you have follow up questions, please call the office at 212-644-8581, M-F 9-5 PM. For after-hours inquiries, the physician's direct contact information is available on our voicemail.

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Skincare Routine Recommendations

The skincare routine outlined below should be done for at least 7 days after your treatment. After the initial 7 days, continue to use SPF daily.

Gentle Cleanser: Use a mild, non-irritating cleanser that is suitable for your skin type. Look for a product that is free of stronger active ingredients (glycolic/salicylic acids), fragrances, and alcohols.

Recommended Gentle Cleansers

CETAPHIL | Gentle skin cleanser
CERAVE | Hydrating Facial Cleanser
LA ROCHE-POSAY | Toleriane Hydrating Gentle Face Cleanser

Moisturizer/Serum: Choose a gentle, hydrating moisturizer or serum that provides adequate moisture without clogging pores or causing irritation. If using both serum and moisturizer, apply the serum first and then the moisturizer.

Recommended Serums

TRNR SKIN | Niacinamide 5% Restorative Serum
LA ROCHE-POSAY | Hyalu B5 Hyaluronic Acid Serum
THE ORDINARY | Hyaluronic Acid 2% + B5 Hydrating Serum

Recommended Moisturizers

TRNR SKIN | Prebiotic Lipid Nourishing Moisturizer
LA ROCHE-POSAY | Toleriane Double Repair Face Moisturizer
CERAVE | Daily Moisturizing Lotion

Sun Protection: Choose an SPF of at least 30. We recommend a mineral sunscreen to help minimize irritation to the skin that a chemical sunscreen may cause.

Recommended Sun Protection

LA ROCHE-POSAY | Anthelios Ultra-Light Mineral Sunscreen SPF 50
LA ROCHE-POSAY | Anthelios Mineral SPF Moisturizer with Hyaluronic Acid SPF 30
SUPERGOOP | Mineral Unseen Sunscreen SPF 40

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