

DERMATOLOGY ASSOCIATES
of Central NJ



SUBLATIVE REFRACTIONING (RF): LASER TREATMENT

Dermatology Associates of Central New Jersey

3548 Route 9 South, Old Bridge, NJ 08857

Dermatologyassociatesnj.com

If you have any questions regarding your procedure, please reach us at **732-679-6300**

A **Sublative Refractioning (RF) laser treatment** is a laser that utilizes bipolar radio frequency technology to improve problem areas in skin tone and texture by heating deep into the dermis of the skin to stimulate elastin and collagen regrowth. This type of procedure is most commonly used for treatment of acne scarring, minimizes appearance of pores, wrinkle reduction and fine lines, and overall toning and tightening of the skin. You will see a noticeable reduction in skin imperfections and texture irregularities. Best results can be seen in **3-5 sessions, at least 4 weeks apart**. However, you will begin to see results after your first treatment. Optimal results can be seen approximately 6 months after the procedure. This laser varies for different skin tones, please check with the provider to see if you would be a good candidate. We advise you to schedule the procedure at least one week prior to any social events.

EXPECTATIONS: This type of laser is very well tolerated by patients, and most experience only minor discomfort during the procedure. The expected treatment time is approximately 30 minutes. We do provide numbing cream for our patients and a cooling fan during this procedure to minimize any unpleasant sensations. Patients can expect to feel a warm, prickly stinging sensation similar to a sunburn. This is normal and will subside after 1-2 hours after treatment.

PRE-PROCEDURE INSTRUCTIONS:

- ❖ Avoid tanning or sun exposure to the area at least 2 weeks before and after your procedure. This includes any form of self-tanning. Tanning will decrease the color differences between the pigmented lesions and the surrounding skin, which makes the treatment less effective and increases the potential for a superficial burn. You will need to wear **at least 30 SPF and reapply at least every 2 hours for two weeks before and after the procedure**.
- ❖ Discontinue any photosensitizing medications (such as tetracycline, doxycycline, St. John's wort) at least 1 month prior to the procedure.
- ❖ If you have a history of herpes simplex, be sure to let your provider know in order to prescribe pre-treatment as the light can trigger a flare.
- ❖ Discontinue all exfoliating, anti-aging, acne products, hydroxyacids (glycolic acid, Lac-hydrin, ammonium lactate), retinols, tretinoin (Retin A, Atralin, Tazorac, Renova, Differin), hydroquinone at least 7 days prior to the procedure.
- ❖ Discontinue use of Efudez, Carac, Solaraze, Aldara, or Picato at least 4 weeks prior to your treatment.
- ❖ You may continue to take aspirin as a blood thinner, but be aware you may experience more bruising and swelling.
- ❖ You may not be a candidate if you have: history of seizures, pregnant or breast feeding, Accutane within the last 6 months, history of keloids or hypertrophic scar formation, active infection, pacemaker or defibrillator, poorly controlled diabetes, Coumadin or Warfarin use
- ❖ You should wait at least 2 weeks after Botox injection, and should not have any filler in the treatment area (at least 9 months after filler injection)
- ❖ **Arrive at least 20 minutes** prior to your scheduled procedure, so we may apply a topical numbing cream if you desire.

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POST-PROCEDURE INSTRUCTIONS:

- ❖ Immediately after your treatment, you will look and feel as though you have a mild to moderate sunburn. Your skin may feel warm and tighter than usual. This is normal and will subside after 1 to 2 hours.
- ❖ You will begin to see tiny red grid marks appear on the skin following the treatment, this is not permanent and will fade within 2-3 days. Tiny scabs will begin to form after the initial redness in 24-48 hours, these may last for up to 7 days. Do not pick or scratch any scabs, allow them to heal and fall off naturally.
- ❖ Expected social downtime is approximately 48 hours post treatment, this varies with every patient.
- ❖ Within the first 24 hours if you experience any discomfort, you may take Tylenol, Motrin, or Aleve as directed.
- ❖ You may notice peeling/flaking, redness, or swelling of the treatment area, this is normal and to be expected. Remember the response may differ in every patient, this does not need to occur for the treatment to be effective.
- ❖ You may bathe and shower as usual, although you may be sensitive to extreme temperatures.
- ❖ Avoid aggressive scrubbing or use of exfoliants during the first 7 days after treatment.
- ❖ You may apply topical antibiotic ointment, like Aquaphor, to the area after the first 24 hours, once you have felt all of "the heat" has come out.
- ❖ If you should develop any open sores, apply over-the-counter antibiotic ointment to those areas 2-3 times daily until healed.
- ❖ Use a very mild, gentle cleanser on your face for the following 7 days after treatment.
- ❖ Makeup may be used after 24 hours as usual.
- ❖ You may resume facial products 7 days after treatment.
- ❖ Be sure to use 30 SPF sunscreen (reapply every two hours) at a minimum of two weeks after the procedure.
- ❖ Drink plenty of water.