



Post Treatment Instructions

ProFractional™ / ProFractional-XC™

If you have had a combination MLP® and ProFractional / ProFractional-XC treatment, follow MLP® post instructions.

Patient response can vary after a ProFractional / ProFractional-XC treatment. Erythema (redness) and possibly edema (swelling) and pinpoint oozing are the desired responses within a few minutes after the completion of the procedure. The degree of redness, oozing and healing time increases with the depth and percentage of your treatment.

- Redness normally persists for 24 hours to 3 days, depending upon the depth of the treatment.
- Oozing may persist for 24 hours after the treatment.
- Swelling is typically a short-term response. A cold compress or ice pack helps relieve it as well as any sensation of warmth or sunburn that occurs in the first 2-12 hours.
- To avoid further swelling, try sleeping in a more elevated, upright position the night after treatment.
- If an antiviral was prescribed for you, continue to take as directed.
- While not commonly needed, post treatment discomfort may be relieved by oral pain relievers (i.e. Extra Strength Tylenol).
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser (i.e.- Cetaphil or Purity), beginning the morning after treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. Be careful not to rub the treated area.
- After cleansing your face, reapply the occlusive barrier (i.e.- Aquaphor or healing balm). Take care to cover all treated areas. The occlusive barrier is needed to provide a protective barrier that will hold moisture into the skin and provide protection to the skin from pollutants in the air as the skin heals. Typically, the occlusive barrier is only needed 24 – 48 hours. Reapply the occlusive barrier as needed. **Do not allow the treated area to dry out.**
- When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated area.
- Avoid strenuous exercise and sweating until after skin has healed.
- Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING AND INFECTION!** Gently washing the skin more frequently helps promote the peeling process.
- Once skin has healed (no longer wearing the occlusive barrier) you may begin to wear makeup. If you are able to wear makeup, a sunblock should be worn on a daily basis to help prevent any hyperpigmentation that could be caused by direct and indirect sunlight.
- **Avoid direct sunlight for up to 2 months post treatment.**

- ProFractional / ProFractional-XC treatments are usually performed in a series of 2-3 sessions at intervals of 4-6 weeks apart.
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Warning:

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should **contact the office immediately**. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater

Patient signature _____

Date _____ Patient ID# _____ Witness _____