

Information and Treatment Instructions for Periocular, Perioral and Full-Face Laser Resurfacing

What is the difference between the CO2 ablative laser versus the CO2 fractional laser?

The fractional technique treats only a fraction of your skin, usually less than 3/10ths (30%) using a grid pattern, while the ablative technique treats 100% of the skin it is used on. As a consequence, the CO2 ablative laser is more effective and has much longer healing time than the CO2 fractional laser. In both cases, the treated skin is temporarily red, sensitive, and oozy with mild bleeding and discharge. This first phase lasts 7-10 days with ablative laser and 5-7 days with fractional laser. After that you can wear makeup, but still need sun protection. The big difference is over the next weeks: you can anticipate 8-10 weeks of redness with the ablative laser versus 1-2 weeks with the fractional. The ablative laser will create much more improvement in wrinkles, brown spots, and scars.

What are the benefits of either type of laser resurfacing?

- Removal of all or part of the skin's surface layers to improve complexion tone and freshness
- Tighten the deeper layers and rebuild collagen and elastin.
- Improvement in texture and color changes that include: patches of brown pigmentation, broken blood vessels and visible capillaries, large pore size, fine crepey wrinkles, deeper wrinkles and creases, melasma, acne rosacea, and adolescent acne scars.

How do I prepare for my treatment?

Facial preparation: Our paramedical aestheticians at ReDerm MD Medical Spa can custom compound our Refine Cream for you. It includes retinol and Vitamin A to help prepare your skin for your procedure. You will use our Refine Cream for 6-8 weeks and STOP 1 week before your treatment date

How do you use it? For periocular or perioral laser resurfacing you can apply lightly around your mouth or eye. Please avoid getting the cream directly in the eye! For full face, apply everywhere.

Q: How frequently do I use the Advanced Brightening cream? **A:** Use before bed every night

Q: What can I expect? **A:** You can expect some redness. If you are more sensitive you can try using the Refine Cream every other night or even every third night.

Q: Can I apply everywhere even if I'm only doing one small area? **A:** Of course! The Refine Cream promotes cell turnover and improves the overall quality of your skin.

Q: How much is the Advanced Brightening cream? **A:** The custom compound cream cost is \$120.00

HELPFUL TIP: You can put the Advanced Brightening cream in the refrigerator to prevent the cream from breaking down as fast.

I am concerned about the pain!

We are here to make you as comfortable as we possibly can for in-office or surgery center procedures. There are a few methods we do to help alleviate your discomfort.

IN-OFFICE procedure: We have you come in early to apply a topical numbing cream:
Periocular or Perioral - you will arrive 10 minutes prior to your procedure
Full Face - Plan on arriving 30 minutes prior to your procedure

You will take your oral "cocktail" 60-90 minutes before your procedure that includes anti-anxiety, pain and anti-nausea medications. In addition, you will also be given an injection to block and reduce the pain.

At a surgery center, you will have the wonderful drug of anesthesia and you are unlikely to remember anything about it!

Q: Other than pain medication, are there any other prescriptions I need? **A:** Yes! It is a requirement that you take Famvir (anti-inflammatoty)for ALL full-face and perioral laser treatments. We will call this prescription in for you and you will take one daily for 7 days and start 1 day prior to your procedure. What if I've never had a cold sore? 97% of us are nevertheless positive for exposure to the cold sore virus. Rather than take a chance, we want you to be safe from infectious complications, so our standard practice is to begin this anti-viral therapy regardless of any previous history of herpes simplex.

Post-Op Instructions:

IMMEDIATE CARE: You will use a laser ointment or **Enzyme gel** to the treated areas at least 3-4 times per day for 10 days. We will supply this complimentary laser ointment to you. Apply as many times as you need to ensure that the areas do NOT dry, and that they are constantly moisturized.

Cleansing

Dilute 10 ml of white vinegar in four cups of water. Submerge cotton gauze or an old T-shirt and apply to treated area. This can be done up to three times daily if needed. Following the soak, the skin should be gently patted dry with a soft towel and then reapply your laser ointment, Enzyme gel or Aquaphor. **DO NOT OVER CLEANSE SKIN** this can cause damage to new skin.

I have mild itching.

If you experience a lot of mild itching, Benadryl (if you are not allergic) is sometimes recommended. If Benadryl does not help, please call the office and the doctor will recommend an oral prescription that may help.

How long do I have to avoid the sun?

Please stay out of the sun for one full week; otherwise you will increase your risk of sun-related injury. For the next 30-60 days we encourage sunglasses, hat and sunscreen containing zinc oxide and titanium dioxide. You must be careful about sun exposure until after the healing process is underway and pinkness subsides. If interested, you can purchase this type of sunscreen at our office. In the long run, sun exposure is the enemy of beautiful skin, and you may want to consider changing your outdoor habits. At the very least, you should wear SPF 30 or better sunscreen everyday.

When can I wear make-up?

You can use make-up 7-10 days after your treatment. You will need to purchase new make up to avoid bacteria to your new skin. It is also imperative you thoroughly clean all of your makeup brushes, or purchase new brushes. You may be fine with your favorite brand, but we recommend Glo Minerals as a good general makeup, and originally was designed for laser treated skin. We carry this brand, as it is safer because it is mineral based. If you use a different brand, please discuss with Dr. Fante at your one-week post-op appointment to ensure that it does not contain ingredients that are not recommended.

Help! My redness is NOT going away as soon as I'd hoped.

Please call our office for a follow-up appointment and Dr. Fante can prescribe hydrocortisone or a stronger steroid that can help with redness.

I need to talk to someone AFTER HOURS.

We are here for you. Just call our office at 303.839.1616 and the after hour call center will page Dr. Fante or the doctor on-call for you.