

NON-ABLATIVE FRACTIONAL SKIN RESURFACING

What is Fractional Skin Resurfacing?

Fractional laser skin resurfacing incorporates the latest state-of-the-art skin resurfacing technology to achieve fresh, smooth, and vibrant looking skin.

A great non-invasive treatment for improving sun-damage and changes that can occur as a result of the natural aging process.

What are the benefits of Fractional Skin Resurfacing?

Optimal results are seen after a series of treatments

- Reduce the appearance of pores
- Improves skin's texture
- Smooth fine lines and wrinkles
- Moderate discomfort
- Mild to Moderate social downtime

What can I expect during and after treatment?

The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics

- Laser therapy is sometimes uncomfortable and may feel like a moderate to severe pinprick or flash of heat
- A mild-moderate sunburn-like sensation is expected
This usually lasts 2-24 hours but can persist up to 72 hours
- Mild-moderate swelling and/or redness may accompany this, but it is usually resolved in 2-3 days
- For face treatments: do not be alarmed if you experience puffiness around the eyes and "chipmunk" swelling in the cheeks
To minimize swelling, sleep elevated the night after the laser treatment (use an extra pillow under your head)
- There may be an increased length of social downtime associated with the level of treatment
- It is advised to follow post care instructions provided by your aesthetician at the appointment to aid in the proper healing of the skin

Pre-Treatment Care

Prep the skin using the recommended Environ system for optimal results

- Discontinue any treatment topicals and prescription medications as directed _____
- No sun exposure, tanning beds, and sunless tanning cream for 4-6 weeks prior to treatment
Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of post treatment complications
- Use a broad-spectrum UVA/UVB mineral sunscreen with an SPF 30+. We recommend EltaMD/Alastin/Brush on Block. Apply to the treated area every 2 hours when exposed to the sun
- Remove all makeup, creams or oils prior to treatment

Post Treatment Care

It is advised to follow post care instructions to aid in the proper healing of the skin

- Apply wrapped ice or gel packs, if necessary- Never apply ice directly to skin
- Apply post care regimen as directed to promote healing and repairing of the Skin. Use a broad-spectrum UVA/UVB mineral sunscreen with an SPF 30+
- Continue back on the recommended Environ treatment plan 1-week post laser to maintain optimal results

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You treat yourself.

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- An oral, over-the-counter anti-inflammatory (ibuprofen such as Advil) or an analgesic (acetaminophen such as Tylenol) may be taken to reduce discomfort
- Bathe and shower as usual-Treated areas may be temperature-sensitive
- Do not pick, remove, or pull at any darkened lesions as scarring may occur
- Do not push or pull-on areas where vascular lesions were treated
- Do not shave the treated area if crusting is evident
- Avoid sun exposure between treatments. Apply recommended SPF daily
- Avoid swimming, hot tubs, jacuzzis, and saunas
- Avoid Activities that cause excessive sweating or any activity that may raise core body temp
- Avoid aggressive scrubbing, use of exfoliants including AHA's/BHA's, and topical medications or treatments on the area
- Once the skin is healed, continue back on the recommended Environ treatment regimen to maintain results

Possible side effects

Sun, tanning beds, and not adhering to the post treatment instructions provided to you may increase your chance of any complications

- Prolonged itching, redness, blistering, crusting
- Bruising, purpura, swelling, scarring, acne breakouts
- Hair reduction or removal in the treated area
- Pigment changes, including hypopigmentation (lightening of the skin) or hyperpigmentation (darkening of the skin). Incidence of this occurring are higher for darker skin
- Reactivation of oral herpes virus may occur
- A flare-up of acne or formation of milia may occur. These symptoms usually resolve quickly
- IPL makes it potentially harder to identify skin-related diseases (e.g. skin cancer)

Consent

- I understand that multiple treatments may be necessary for optimal results
- I understand results may vary depending on skin condition, skincare regimen, and daily SPF use
- I understand, although highly unlikely, it is possible that I will not experience any noticeable result from the procedure
- Particular results cannot be guaranteed, given that each body may react differently
- I understand that sun exposure, as well as not adhering to the post treatment instructions provided to me may increase my chance of complications
- I consent to photographs being taken and used to evaluate treatment effectiveness, for medical education, training, professional publications, or sales purposes
- Before and after-treatment instructions have been discussed with me. The procedure, potential benefits and risks, alternative treatment options, and a customized skincare plan has been explained to my satisfaction
- I have read and understand all information presented to me before consenting to treatment and I have had all my questions answered

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