

Fractional Treatment Instructions

Ways to Speed Healing:

- Wash with Gentle Skin Cleanser
- Apply all at once: Neosalus.
 - Re-apply frequently as needed to maintain a continuous layer on your skin for 3-4 days.
- Soak the treated skin with a plain white vinegar solution 4 to 8 times each day.
 - You can't soak too much. Soaking *reduces redness and speeds healing!*
- Do not pick, rub, scrub or irritate your skin while it is healing.

How to Soak:

Dip a clean, soft, wash cloth into vinegar solution and place the wet cloth against your skin, gently pressing to ensure the vinegar solution wets the skin. Rinse and repeat for 10 to 15 minutes.

- Most of the Neosalus should come off.
- **Solution:**
 - 1 teaspoon of plain white vinegar to 2 cups of water.
 - Solution may be mixed up ahead of time and kept in the refrigerator.
- Reapply a layer of Neosalus ointment to the treated area immediately after soaking. If the skin gets dry or scabbed, you need to soak and moisturize more often

DO NOT:

- Do not put ANY other creams, ointments or products of any kind on your face until your care provider indicates it is ok to do so. In most cases, wait 2 weeks post-laser.
- Do not let your skin come in contact with detergents, fabric softeners or dryer sheets. Fabrics that have been treated with these products may irritate your skin.
- Do not pick, rub, scrub or irritate your skin in any way while it is healing.
- Do not expose the treated area to the sun (even on cloudy days).
 - Remember, UVA passes through house and car windows.
 - UVA exposure can cause skin to darken.

What to Expect:

- The skin will usually start sloughing on day 3 or 4. Do not pick at it but allow skin to slough off on its own.

- Skin may be red for the first 3-7 days and then turn darker as the skin begins to slough (peel).
- Swelling may also occur and usually resolves in 2-3 days.
 - o Sleeping on 2 pillows with your head elevated is helpful as well as cold compresses.
- It is normal for skin to feel "sunburned" and/or tight.

General Instructions:

- It is OK to shower but do not let your shampoo or hair products get on your face.
 - o Do a vinegar soak after the shower followed by Neosalus
- If you experience itching, an over the counter antihistamine such as Benedryl (diphenhydramine) may be helpful.
- Ibuprofen or Tylenol may be used if needed.

After your skin peels:

- Make-up may be worn after the majority of treated skin has sloughed (usually day 4 or 5).
- For 2 weeks after the procedure, use ONLY the recommended
- It is very important to use a daily sunscreen with an SPF of 20 or greater.
 - o This helps prevent post inflammatory hyperpigmentation (darker areas) as well as maintain your results.