

Erbium 2940nm Non-Ablative Treatment Guidelines

Overview

ProFractional laser is a great solution for achieving excellent resurfacing results with minimal downtime. Unlike full field resurfacing which removes the entire surface area of a treatment site, ProFractional ablates narrow-diameter channels into the skin, covering a fraction of the total treatment area. This action initiates the body's wound healing response, while leaving the surrounding tissue intact for rapid healing. The benefits of ProFractional include skin tightening, improves skin tone and texture, improves acne scars and stimulates collagen for fine lines and wrinkles.

Micro Laser Peel is a laser treatment that removes a thin layer of skin. By removing this thin layer, we are removing damaged skin cells that can give the skin a tired, aged look. As the skin heals, new skin regenerates leaving your skin with a fresh glow. The result is healthier-looking skin, less pigmentary concerns and often reduces the appearance of wrinkles and improves overall skin tone and texture. Patients often say that it looks like their skin went from looking tired to vibrant within days post treatment.

Combination Treatments

Both Micro Laser Peel and ProFractional laser can be combined on the same day for treatment. We do recommend Micro-Laser Peel for full field treatment to remove superficial irregularities followed by ProFractional to stimulate collagen remodeling through deep fractional ablation. The BBL can also be administered on the same day of treatment to maximize pigmentary concerns.

Pre-Treatment Guidelines:

- Avoid active tanning, spray tanning, self-tanners 4 weeks prior to procedure
- If you have a history of cold sores or the HSV-1 virus, you will need a prescription prior to your appointment for an antiviral medication. Follow the instructions on the bottle as directed by your medical provider
- Wait 3 months post Accutane before procedure
- Discontinue the use of prescriptions that contain Retin-A (tretinoin) 3 days prior to procedure
- Avoid treatment if you are pregnant or lactating
- Depending on your skin type, and if we are treating you for melasma, it is beneficial that you pretreat 2-4 weeks prior to treatment with a bleaching cream. You may use the bleaching cream up to the day of treatment as long as it does not have Retin-A

Post Treatment Guidelines:

- Wear sunscreen with a zinc base and a 30 SPF or higher daily; avoid direct sun exposure
- Wait 24 hours to apply makeup or sunscreen to your skin
- Avoid direct sun exposure, self tanners and spray tanning 1 week after treatment
- Redness, mild pin-point bleeding, dry skin, itching, peeling skin and local swelling are the most common adverse side effects and generally subside 1-48 hours following treatment procedure
- Your skin might feel like a mild sunburn for about 1-hour post procedure; ice or use a cool compress as needed
- If swelling occurs, you may sleep at a 45-degree angle; take an OTC antihistamine such as Allegra or Benadryl
- If we are treating you for sun-damage or brown spots, expect the brown spots to appear darker like coffee grounds for 5-7 days after procedure. They may crust or scab and will slough off
- Do not pick, scrub, scratch, or pull the brown spots off your skin
- Use skin care kit provided by your skin care professional for 1-week post procedure
- Avoid hot tubs, saunas, hot showers, and extreme physical activity for 48 hours