

ActiveFX and DeepFX Treatment Guidelines

NIGHT BEFORE TREATMENT:

- Arrange for a ride if you are planning on taking narcotic pain medication (supplied by clinic)

DAY 0 (TREATMENT DAY)

- Bring a clean hat and sunglasses
- Topical numbing will be applied for one hour so consider bringing a music player or book
- After laser treatment you may feel a short-lived, mild stinging or burning sensation
- Cool compresses are applied for a few minutes and may be used at home as needed
- After compresses Vaniply ointment is massaged into skin
- A home skin care kit with Vaniply ointment and Free & Clear Liquid Cleanser is provided
- Sleep propped on two pillows or in reclining chair with head elevated to minimize swelling

DAY 1-5

- Gently wash treated skin with Free & Clear Liquid Cleanser lukewarm water 3 to 4 times a day
- After every washing, apply a thin layer of Vaniply or any time your skin feels dry
- Regular washing is very important during this time period to aid in healing
- Avoid picking and scrubbing of skin, as this may lead to scarring
- If going outside, liberally apply a zinc oxide based sunscreen over Vaniply barrier and wear a hat
- If skin feel itchy or swollen, take oral over the counter Benadryl 25 – 50 mg as needed

AFTER 5 DAYS

- May resume make up or other routine skin care products
- Continue to moisturize skin repeatedly throughout day and apply sunscreen

Call our office at 206-236-3030 with any questions or concerns
Allison cell phone for weekends or after hours 206-551-2519