

Pre & Post-Care

FRACTORA



PRECARE

- **Hydrate** – moisturize skin in the morning and evening, and drink at least 8 glasses of water per day to completely hydrate your skin and optimize treatment results.
- Medications - if you have a history of Herpes Simplex, it is recommended you start antiviral medication prophylaxis, 3-4 days prior to the procedure, to avoid outbreak.
- Topical retinoid therapy should be discontinued 7 days prior to treatment. Discontinue any irritant topical agents for 2-3 days prior to treatment.
- Avoid any prolonged direct exposure to the sun, if you must be in the sun use a zinc oxide sunscreen of at least SPF 30+. Also avoid self-tanner and spray tanning for 7-10 days prior to treatment.

- It is recommended to wait at least 14 before or after Botox injections and 30 days for Filler to avoid moving the neuromodulator or filler.
- The treatment area will be thoroughly cleaned, including topical anesthetic, makeup, lotions, deodorants, self-tanning products and ointments.
- Avoid taking anticoagulants for 10 days before treatment, if medical condition allows. Consult with your physician.
- Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder, bath/shower oil present on the skin in the area to be treated.

AFTERCARE

- Immediately after treatment, most patients will experience erythema (redness) for 1-3 days, however this may last longer. Edema (swelling) and a mild to moderate sunburn sensation are also common and may last 1-3 days. Skin may crust and peel for 2-7 days.
- A topical ointment will be applied to the treatment area. Your provider will inform you when you may resume the use of your usual skin care products.
- Treat the skin gently, avoid scrubbing or trauma to the treated area. Use water only, for the first 24-72 hours.
- Avoid sun exposure to reduce the risks of hyperpigmentation (darker pigmentation). Use of a physical sun block SPF 30+ after 24-48 hours.
- Multiple treatments over a period of several months may be required to achieve the desired response.

Contact us if you experience a skin adverse reaction or call your physician.