



Pre-Treatment Instructions for ResurFX

Avoid the oral acne drug isotretinoin for 6 months prior to treatment.

Discontinue indoor and outdoor tanning at least four weeks prior to treatment, during the treatment course and four to six weeks after treatment.

Avoiding tanning will reduce the chance of skin color changes and manifestation of new pigmented lesions.

Avoid having a tan or using a self-tanning product prior to the procedure.

Avoid using retinols or abrasive skincare products (scrubs, acids, exfoliating products) for one week prior to the procedure.

If you have a history of oral Herpes Simplex (fever blisters/cold sores), please alert your healthcare provider as the laser may trigger an outbreak.

We may recommend that you take an oral antiviral agent such as Valtrex starting 1-2 days prior to your procedure to prevent an outbreak.

826 Main Street, Klamath Falls, OR, 97601

541-887-8229

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Post-Treatment Instructions for ResurFX

- Wear sunscreen EVERY DAY - rain or shine! Stay completely out of the sun until your skin has healed.
- Use your provider prescribed skin care products as directed. You should plan to always use these same products, even after you have achieved your desired results.
- This is to protect your skin AND your investment!
- Your skin will burn for up to 2 hours. Apply cold packs to soothe the discomfort.
- As this sensation passes, it will feel like a sunburn.
- For the next 5 days wash with the provider cleanser, using finger tips only.
- Apply the provider supplied hydrating lotion several times a day.
- Expect your skin to be puffy, especially around the eyes. Sleeping propped up on extra pillows helps alleviate this. Some patients will get significant swelling depending on their individual reaction to the treatment.
- Small bumps that resemble white-heads may appear. DO NOT pick them, they typically disappear within 24-72 hours.
- If your skin feels tight and itchy over the counter Hydrocortisone 1% Cream may be used for relief.
- Your skin will be flaky, dry and may start peeling or sloughing around day 3. DO NOT pick at it.

This process is very similar to lifting weights in order to build muscle. When you lift weights you are breaking down muscle fibers that will regenerate into stronger/leaner tissue.

Rebuilding collagen to create tighter/smooter skin is very similar. Wrinkles and skin laxity are caused from loss of collagen elasticity that happens with age, sun damage and smoking. The heat that is infused into your skin by this laser helps to breakdown your existing collagen which will begin to regenerate within a month and will gradually smooth out your skin.

Be patient, it will take months for your collagen to regenerate to its full potential and will take multiple treatments in many cases. The results for your tone and texture are noticeable over the first few weeks of your treatment, while wrinkles, laxity and scars will improve over time.

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