

## RESOLVE Fractional Resurfacing

### Pre-Treatment Instructions

1. Avoid the sun for at least **2 weeks before treatment**. Sun exposure includes 15 or more minutes in the sun whether it be walking the dog, driving in the car with a sunroof or gardening. If you plan on doing these types of activities, use SPF 30 or higher and wear a wide brimmed hat. If treating the decollete, keep covered with clothing.
2. The use of **self-tanning skin products must be discontinued one week** before treatment. Any residual self-tanner should be removed prior to treatment
3. Your provider may ask you to **stop any topical medications or skin products 3-5 days prior** to treatment.
4. If you have had a history of perioral herpes, your provider may recommend **prophylactic antiviral therapy**. Follow the directions for your particular antiviral medication.
5. If you are known to have hives or red-bumps after laser treatments, it is best to pre-treat with loratidine 10mg or Benadryl 25 mg prior to the treatment. **Obtain 1% hydrocortisone cream to apply for a couple days after treatment as well**
6. We do recommend the use of a topical anesthetic for more aggressive treatments. If you would like pre-treatment numbing ointment, **please arrive at least 20 minutes prior to your scheduled appointment time**.

### Post-Treatment Instructions

1. Immediately after treatment, you will experience mild - moderate redness of the treated area, which should resolve within 4-12 hours. For more aggressive treatments, this redness could be present for up to 48 hours. There may also be petechiae (red dots) or purpura which may take 2-3 days to resolve but are temporary.
2. A histamine response sometimes occurs 48 hours after treatment and can easily be treated with 1% hydrocortisone applied 3 times a day until resolution. The histamine response can appear as pinpoint pimples, small hives or bumps and mild redness.
3. Avoid sun exposure to reduce the chance of hyper-pigmentation (darker pigmentation). Use sun block (SPF 30+) at all times throughout the course of your treatments.
4. Avoid strenuous exercise for 48 hours post treatment to avoid heating the skin and risking hyperpigmentation.
5. You may resume your normal skin care routine tomorrow, unless otherwise directed. It is ok to wear makeup tomorrow, as well.
6. Call our office if you have any questions at (802) 861-2273.
7. Most patients will need a series of 3-5 treatments to obtain their desired look. Treatments can be repeated as soon as 4 weeks.
8. Results will be noticeable 2-4 weeks post treatment and continue to improve over 4-6 months.
9. To maintain your results, please ask your service provider about medical grade skin care.