



www.beachesdermatology.com

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Icon 1540 Fractional Resurfacing Laser

Before your procedure:

- Avoid sun exposure and sunless tanners prior to the procedure, the area of treatment must be pale to reduce the risk of scarring and discoloration.
- No other injectables or procedures are to be completed in the area for 2 weeks before or after treatment. Discontinue exfoliating and/or irritating topicals (i.e. Retinol, Tretinoin, acids, hydroquinones) and topical prescription medication for 1 week before treatment.
- Laser treatments can cause a cold sore or acne eruption for which oral medications can be prescribed.

Please arrive 1 hour prior to procedure time for application of topical numbing.

After your procedure:

- Expect redness, a "sunburn-like" feeling, and swelling post procedure, which can last several days. If needed for comfort, apply cold packs for 10 minutes on and 10 minutes off, and take acetaminophen. Benadryl and/or arnica may be taken for continued swelling; sleeping propped up or elevated will help reduce swelling the next morning.
- Avoid sunscreen and makeup for 3 days following procedure. These products can clog the skin which may cause acne or milia. Do not use exfoliating or irritating topicals for 2 weeks post procedure. Apply the Alastin Regenerating Skin nectar twice a day. Use a gentle cleanser to wash your face (no washclothes or brushes).
- Avoid direct sunlight for 4 weeks after treatment. When exposed to sun, apply a broad-spectrum sunblock of SPF 45+ with zinc and titanium, wear wide-brimmed hats, and sun protective clothing.
- Avoid sweating and strenuous activities for 1-3 days, especially while skin is irritated.
- Multiple treatments are recommended for best outcomes, each at an additional price.

Beaches Dermatology has a 2 business day cancellation or rescheduling policy, if an appointment is changed within this time, a fee will be collected.

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