



## SKIN REJUVENATION

### WHAT IS SKIN REJUVENATION

The Skin Rejuvenation Fotona laser treatment involves the extra-oral use of Erbium: YAG Laser and occasionally the Neodymium: YAG Laser. Topical anesthetic is generally recommended for comfort during treatment and post-treatment but is not necessary for treatment. The laser is done to improve the appearance of the skin and address surface-level imperfections. Most will immediately notice that their skin looks refreshed and tighter.

### PRE-TREATMENT INSTRUCTIONS

- **1 WEEK PRIOR TO TREATMENT:** Avoid sun exposure including tanning beds. We cannot treat you with a fresh sunburn.
- **3 DAYS PRIOR TO TREATMENT:**
  - Ensure you are well hydrated to maximize treatment results (electrolytes are ideal)
  - Avoid medicated or active facial products for 3 days prior to treatment. These include retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products (often active ingredients in Obagi and BACD brightening products), dapsone, or precancer treatments as directed by your provider.
  - Avoid taking NSAIDs (Ibuprofen, Naproxen, and Aspirin) if ok with your MD. The treatment is effective by causing inflammation and encouraging your body to respond with collagen production; NSAIDs will limit early healing signals and limit results.
- **DAY OF TREATMENT:** If possible, please come to your appointment **WITHOUT** makeup. We will provide a cleanser prior to treatment if needed.
- If facial hair is present in the area being treated (beards, etc.) please come to your appointment fully shaved. We will not be able to effectively treat that area if hair is present.

### PLEASE LET YOUR PROVIDER KNOW:

- If you have a history of cold sores (Herpes Simplex 1) after treatment, treatment may provoke an outbreak, and we can provide RX if needed.
- If you have ever used or are currently using Accutane (Isotretinoin) -NO treatment can be provided within 1 month of use.
- If you have a history of reaction to topical numbing cream.

### WHAT TO EXPECT DURING TREATMENT

- Unless otherwise indicated by your provider, we anticipate you will be in the office for approximately 45 minutes to an hour.
- Numbing cream is applied to the face, neck, and décolletage if desired and left on for 20 minutes and removed prior to treatment. Some individuals have sensitive skin, and this alone can make the skin turn red.
- Treatment with the laser takes about 10 minutes. We are treating the skin, so it will produce a plume of tissue (smell of burning skin) that we will have a high-volume suction to remove.
- The skin will start to turn red immediately after the procedure, but we will apply a balm, Aquaphor, or Exosomes directly to your skin immediately after the procedure to help soothe the tissue and help keep it hydrated.

### WHAT TO EXPECT POST TREATMENT

- Erythema (redness) and mild skin sensitivity should be expected immediately after the session. The redness will begin to dissipate over the next 24 hours.
- Superficial peeling of the skin is possible for the next 48-72 hours. This is not noticeable to others generally but gives your skin the texture of sandpaper.

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- Immediately after treatment, freshness and tightness of the treated skin is expected.
- An emollient will be placed onto the skin immediately after the treatment to help soothe the skin and hydrate it.

## **POST-TREATMENT CARE INSTRUCTIONS**

- Wait 48 hours to apply makeup.
- The night of treatment, you may wash your face as normal with a gentle cleanser.
- Each morning and night after cleansing, apply the emollient to your skin (Primally Pure Balm, Aquaphor, etc.) These products act as a barrier and keep the skin hydrated. This should be re-applied throughout the days as needed when skin feels dry or itchy.
- Every morning after emollient, sun protection including SPF 30+ and a hat when in direct sun are recommended for at least 7 days. To maintain results, smart sun protection measures should be continued indefinitely.
- Once skin feels normal to touch (typically 4-5 days after treatment), you can resume application of medicated or active products.

## **IF EXOSOMES WERE APPLIED AFTER TREATMENT**

- Cleanse the following MORNING using a gentle, purifying cleanser.
- Apply an Exosome mask to your skin following instructions.
  - Leave excess serum in the mask pouch. Fold the pouch and store it in a Ziplock, and this serum can be used on the face that evening. Put the Ziplock in a cool area or refrigerator.
  - Leave the mask on for 15-20 minutes or until it feels dry and discard the sheet mask.
  - Do NOT rinse your face after removing the mask.
  - Reapply the remaining serum in the evening after cleansing.
  - If your skin feels dry during the day, Aquaphor may be applied over the affected area.

## **KEY NOTES**

- Sleep on clean pillowcase the night of treatment to help prevent infection.
- Wait until skin is healed before using active ingredients in face products.
- Avoid direct sun exposure for at least 7–10 days.
- No makeup for at least 48 hours.
- Do not pick or peel flaking skin and allow it to slough off naturally.
- Avoid taking any anti-inflammatory drugs the next 48 hours (NSAIDS).
- Avoid pets licking your face (risk of infection).
- Avoid hot showers, swimming pools, hot tubs, saunas, and intense workouts for the first 48–72 hours.
- Use post-treatment protocol until treatment area has completely healed.