



THE FEW INSTITUTE

for AESTHETIC PLASTIC SURGERY

1540 Fractional Skin Resurfacing Laser Pre and Post Treatment Patient Information Sheet

The following instructions are essential to a safe experience and good outcome. Use this as a checklist as you prepare for your procedure. If you are unable to comply with these instructions, you must notify our office as soon as possible. As a result, your procedure may have to be postponed or delayed, at the judgment of Dr. Few. This is essential to your health and safety.

4 Weeks before your procedure:

- { } Avoid direct sun exposure and/or artificial tanning.
- { } Begin use of a daily sunscreen with an SPF of 30 or higher.

2 Weeks before your procedure:

- { } Do not have facials, peels, cosmetic injections or other facial procedures without first receiving clearance from Dr. Few. This includes waxing, electrolysis and laser hair removal.

1 Week before your procedure:

- { } Discontinue the use of Retin-A, Retinol, AHAs, scrubs or any other potentially-irritating products.

Aftercare:

- { } Redness and swelling are normal side effects of the laser. Swelling can be minimized by applying cool packs to the affected area several times per day. Never apply ice directly on the skin.
- { } For the first five days following treatment, please do not apply any creams or topical prescription ointments to your skin, with the exception of a chemical free sunscreen such as Fallene Sunscreen (available at the Few Institute). If you are experiencing excessive dryness of the skin – you may also use a chemical free moisturizer such as Skin Medica Ultra Sheer Moisturizer (available at the Few Institute).
- { } You may use acetaminophen (Tylenol) for discomfort.
- { } You may wash your skin using a gentle cleanser. Please do not use any scrubs on the affected area for 2 weeks after your treatment.
- { } Do not apply make-up to the affected area for at least 48 hours after your treatment.
- { } Do not go into direct sunlight without sunscreen. If you must be in the sun, use a physical block (hat, scarf, sunglasses, etc.) and a chemical-free sunscreen with an SPF of 30 or higher.
- { } If you have any concerns or questions during your recovery, please call our office at 312.202.0882 (after hours answering service is available).

