



THE FEW INSTITUTE
For AESTHETIC PLASTIC SURGERY

**2940 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.
- { } Do not have facials, peels, cosmetic injections or other facial procedures without first receiving clearance from Dr. Few.

2 Weeks before your procedure:

- { } Stop aspirin, unless it is prescribed by your internist for blood thinning purposes. This will minimize the chances of bruising. In addition, avoid taking vitamin E or St. John's Wort, as these can also increase the risk of bruising.
- { } Please call our office and provide us with a pharmacy telephone number to call in any prescriptions you may require. All prescriptions will be called **one day before** your scheduled treatment, unless you request otherwise.
- { } If we recommend an oral sedative for your treatment – you must have a responsible adult accompany you home or you can be sent home in a taxi. Please make these arrangements in advance. You cannot drive for at least four hours after you have taken an oral sedative. We will advise you in advance of your treatment if you require an oral sedative.

1 Day before your procedure:

- { } If you are having the laser treatment performed by the mouth area – we will require that you take an anti-viral medication called Valtrex, to help prevent cold sores. This prescription, along with the oral sedative – can be picked up from your pharmacy one day before your scheduled treatment.
- { } Please take the first dose of Valtrex on the morning of your procedure. Take one tablet by mouth 2 times per day, for the following 2 days (morning and evening dose).

On the Day of Your Procedure:

- { } Please bring your oral sedative medication to the office. Do not take this medication in advance of your appointment.
- { } Please do not wear contact lenses, make-up or any jewelry on the head and neck – the day of your appointment.

Aftercare:

- { } Redness, swelling and bleeding are normal side effects post laser treatment.
 - { } For the first three days following treatment, you **MUST** keep your skin protected and moist by applying Aquaphor – or any other topical preparation recommended by Dr. Few.
 - { } Cool moist compresses with soft gauze can be beneficial; however, you must re-apply Aquaphor or recommended topical preparation immediately before and after the compresses. This is essential for proper healing.
 - { } You may use acetaminophen (Tylenol) for discomfort.
 - { } The day after your treatment you are to wash with a gentle, cleanser (ie Cetaphil or Aveeno) and then apply Aquaphor. Re-apply as necessary. Do not let the area become dry or crusted.
 - { } Wash the affected area twice daily to ensure that crusted skin is removed.
 - { } Do not apply make-up until your skin until after you have received clearance from Dr. Few or the staff RN.
 - { } Once your skin begins to heal (generally after 3-7 days) and you discontinue the use of Aquaphor, your skin will be dry and tight. You may apply moisturizing cream during the day, and you **must** wear a sunscreen with an SPF of 30 or higher at all times.
 - { } Do not go into direct sunlight without sunscreen until all redness has resolved. If you must be in the sun, use a physical block (hat, scarf, sunglasses, etc.) and a chemical-free sunscreen, such as Fallene Chemical-Free Sunscreen which is available at The Few Institute.
 - { } Do not use Retin-A, Retinol, AHAs, scrubs or any other potentially-irritating products for at least 4 weeks after your procedure.
- { } If you have any concerns or questions during your recovery, please call our office at 312.202.0882 (after hours answering service is available).