

PRE-SURGERY INSTRUCTIONS: HALO FRACTIONAL LASER

THIS IS A GUIDE AND IS MEANT TO COVER COMMON CONCERNS

The following instructions are essential to a safe experience and good outcome. Use this as a checklist as you approach your procedure date. 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 Julius Few, MD. This is essential to your health and safety.

There may be several weeks between your decision to have procedure and your actual procedure date. During this time, there are several important considerations:

4 Weeks prior to your procedure:

- Avoid direct sun exposure and/or artificial tanning
- Begin use of daily sunscreen, with SPF of 30 or higher
- DO NOT have facials, peels, cosmetic injections or other facial procedures without first receiving clearance from Dr. Few

Stop smoking: Smoking can greatly impair your ability to heal. You must be nicotine and smoke-free for at least 6 weeks prior to your procedure and 6 weeks after your procedure. You must also be free of any nicotine patch or nicotine-based products for a minimum of 6 weeks prior to your procedure.

Please refrain from consuming alcoholic beverages **72 hours prior** to your procedure.

Lead a healthy lifestyle: In the weeks prior to your procedure maintain the best health and hygiene. If there is any change in your health status at all (i.e. cold symptoms, rash, change in blood pressure, etc.,) it is imperative that you notify our office staff immediately - as this could affect the outcome of your procedure. It is also **very** important that you call our office if you begin taking any new over the counter or prescription medications, as this could also affect the outcome of your procedure.

Pre-operative testing: Make certain to schedule all of the pre-operative testing and clearance you may have been given. Make certain all test results are received by Dr. Few at least two weeks prior to your scheduled procedure date. Failure to provide results two weeks prior could result in postponing or delaying your procedure. Medical clearance and lab results need to be within the last three months prior to your



procedure date and EKG's need to be within the last six months of your procedure date.

STOP taking the following 10 days before your procedure. Taking any of the following can increase your risk of bleeding and other complications:

- Aspirin and medications containing aspirin
- Ibuprofen and anti-inflammatory agents (including Motrin, Advil, Midol, etc.,)
- Vitamin E, St. John's Wort, Garlic Supplements, Green Tea or Green Tea Extracts, and Fish Oil
- Estrogen Supplements and Birth Control (some estrogen supplements and birth control may increase your risk of developing blood clots post-surgery)
- Tylenol is OK to take as needed for pain

Please consult with your prescribing physician before discontinuing any medications (including birth control) prior to your procedure.

Arnica Montana 30X Tablets: Arnica Montana can help decrease bruising and swelling. Begin taking Arnica Montana 5 days prior to your procedure and continue taking 5 days post procedure. Please take Arnica Montana as instructed on the bottle.

Anti-Viral Medication: If you are having laser treatment around your mouth/full face we will require that you take an anti-viral medication called Valtrex, to help prevent cold sores. This prescription will be picked up at the pharmacy you provide at your pre-operative call. Please start taking the medication two days prior to your procedure. Continue taking prescription until it is gone.

It is advisable to purchase the following items for use at home, following your procedure:

- Cetaphil or CeraVe facial cleanser and moisturizer
- Baby SPF

Day of your procedure: Please do not wear contact lenses, make-up, or any jewelry on your head and neck the day of your procedure.

Shower: Shower normally the morning of your procedure. **DO NOT** use hair gel, hair spray, or other styling products, scented skin creams, moisturizers, deodorant, perfume, or cosmetics. Remove all finger nail and toe nail polish other than transparent.



Dress Code: On the day of your procedure please wear a top that zips or buttons up. Do not wear anything that goes over the head.

For procedures performed at The Few Institute with anesthesia:

- Expect a pre-anesthesia call from the Anesthesiologist to review your state of health and anesthesia for surgery 24-48 hours prior to the procedure.
- Nothing solid by mouth for 8 hours prior to your procedure.
- Should drink clear liquids (water, coffee/tea without any cream, Gatorade, apple juice) up to 2 hours prior to your scheduled procedure.
- No Aspirin, Advil, Ibuprofen, etc. for 10 days prior to your surgery.
- Take all AM pills except for diabetes drugs, Lisinopril, and Losartan.
- If you have an inhaler, please bring it with you on the day of your procedure.
- Diabetics: Hold AM meds including insulin, check sugar and bring glucose monitoring system with you to your procedure.
- A responsible adult must be with you for your first post-operative night.
- You are not able to drive for at least 24 hours after surgery.

POST-SURGERY INSTRUCTIONS: HALO FACTIONAL LASER

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Once your procedure is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-procedural experiences and key health considerations that may be cause for concern.

The Halo fractional treatment creates outcomes based on the aggressiveness of the treatment taking into account your skin concerns, the health of your skin and your individual healing ability. Due to this, patient response can vary after a Halo fractional treatment. Erythema (redness) and possible edema (swelling) are the desired responses within a few minutes after completion of the procedure. The degree of redness and length of healing time will increase with the depth and coverage of the procedure.

Typical post-surgery symptoms:

- Redness is normal and expected. Redness generally increases in intensity the first few days after treatment with day 3 being most intense. Redness can persist for up to 7 days depending on the aggressiveness of the treatment.
- Pinpoint bleeding may occur. This can last for a few hours - 12 hours depending on the treatment depth and may be isolated to certain treatment areas.
- Immediately after treatment, swelling is common and expected. Use of cold compress or ice packs will help to relieve the swelling. DO NOT apply ice/ice pack directly to the skin. If using ice/ice pack wrap in a towel and then apply to the treated area. Do not use pressure when applying. To avoid further swelling, you may choose to sleep in an upright position the first night after treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days depending on aggressiveness of the treatment.
- The treatment area may be extremely warm for 12-24 hours after treatment. Cold compresses or ice packs may provide comfort during this time.



- On the 2nd or 3rd day after treatment, you will increasingly notice tiny dark spots and bronzed appearance to the treated skin. This is called the MENDS (microscopic epidermal necrotic debris). In individuals with heavily pigmented skin, or in areas where sun damage has produced pigmented lesions, the microscopic wounds, known as MENDS, contain large amounts of melanin. Because there are so many MENDS, they can make the skin look bronzed and small areas appear crusted (**DO NOT** try to scratch them off). This is part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and have a sandpaper texture and will begin to flake and peel. If the face is treated, it could take 5-7 days for the peeling process to be completed. If the neck, chest, or anywhere on the body it treated, this process could take up to 2 weeks.
- After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve.
- Itching may be experienced during the healing phase and is completely normal. An antihistamine such as Benadryl will help. **DO NOT** scratch the treated area as scarring and pigmentations complications can occur.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **High fever (over 101 °), severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Increased warmth at or around the treated area.**
- **Excessive bleeding or drainage (looks like pus).**
- **Extreme itching.**

DAY OF SURGERY DISCHARGE INSTRUCTIONS:

- **You may resume all medications immediately after your procedure**
- **You may take Tylenol for discomfort if needed**
- **Do not drive while taking a narcotic medication**
- **Cleanse face with lukewarm water and gentle cleanser twice a day (i.e.: Cetaphil) starting the following day. DO NOT scrub, rub, exfoliate, or use a skin care brush in the treated area**



THE FEW INSTITUTE

ABSTRACTIC PLASTIC SURGERY

The Few Institute Office Number: 312-202-0882

- **Moisturizer should be applied generously over treated area and reapplied whenever your skin feels dry.**
- **You may shower 24 hours after you procedure. When showering avoid getting shampoo directly on the treated area. You may consider taking your shower with the back of your head to the water to avoid directly hitting your face with the full force stream of the water.**
- **Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally. DO NOT PICK, RUB, OR FORCE OFF ANY SKIN SURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING, PIGMENTATION COMPLICATIONS AND INFECTION! Gently washing the skin more frequently will help to promote the peeling process.**
- **Do not go directly into the sunlight without sunscreen until all redness has resolved. If you must be in the sun, use a physical block (hat, scarf, sunglasses) and a chemical-free sunscreen. Apply sunscreen 20 minutes before sun exposure and reapply every 2 hours. If treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation or hypopigmentation can/will occur. Sun exposure should be avoided for 2 months post treatment.**
- **Do not use Retin-A, Retinol, AHAs, scrubs, or any other potentially-irritating products for a minimum of 4 weeks or cleared by Dr. Few**
- **You may switch to Ibuprofen 24 hours after your procedure**
- **Avoid salty or spicy foods for 72 hours after your procedure**
- **Avoid strenuous exercise and sweating until after skin has healed or until cleared by Dr. Few**
- **No pool, steam room, hot tub, etc.**
- **User ReFresh tears if needed**
- **Please return for post-operative appointment 7-10 days after your procedure**
- **Please schedule your 3, 6, 9, and 12 month follow-ups with a TFI staff member**

Make-up after your procedure

- **No make-up until minimum 7-10 days (Dr. Few needs to clear the use of make-up) and then only mineral powder make-up may be used**



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for **OBSTETRIC PLASTIC SURGERY**

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- Use only new brushes and no sponges
- New mascara and eyeliners should be purchased

To contact Dr. Few and TFI staff after hours, please call the answering service at 312-202-0882