



3T Photorejuvenation: Fractional Laser Resurfacing

3T Photorejuvenation utilizes lasers and radiofrequency energy to dramatically improve the overall quality of skin; Tone, Texture, & Tightening. To obtain the best results & minimize risk of complications please follow these guidelines (also available online @ www.RenuLaserSpa.com).

Preparations for Photorejuvenation treatment:

- *Fractional Laser* requires a series of treatments to improve skin texture, such as wrinkles or acne scarring; as well as brown patches known as Melasma. While your initial series of 5 treatments will begin to improve your skin, you may need more treatments, proportional to the degree of your initial presentation, to achieve satisfactory results. Maintenance treatments may be necessary as underlying conditions may recur. After your initial series, additional sessions must be paid for as needed.
- Fractional Laser does not significantly address skin tone, ie: evening out brown & red discoloration, which can be improved by a series of Intensed Pulsed Light (IPL) treatments. Skin tightening is achieved with a Thermage® treatment. These can be purchased to better improve the overall quality of your skin.
- Commitment to Renu Rx Age-Defying Skin Care program: To minimize complications and optimize effectiveness of IPL treatments, it is critical to discontinue all other topical agents (except for prescription medications) to treated area. You will use your skin care program for 2-3 weeks as directed prior to your 1st treatment. Consistently use your skin care program between treatments. *We strongly recommend this skin care program afterwards to maintain benefits of your Fractional Laser Resurfacing treatments.*
- Patients with Melasma or darker skin tones will be prescribed 4% Hydroquinone cream to decrease the possibility of skin darkening from the laser. It is very important to carefully follow the accompanying instructions and begin this approximately 3 weeks before your first treatment and throughout your series.
- Discontinue Aspirin, Motrin®-like medications for 10 days before a treatment. Photosensitizing agents should be discontinued 4 days in advance. After confirming with your physician, stop coumadin 4 days beforehand. They can be resumed immediately afterwards. Accutane® must be discontinued for a minimum of 3 months prior to treatment. Discontinue the use of any topical Vitamin A retinoids for 3 days before your treatment (including Trilyte, Multi-tasking crème, A-liminate and Obagi Tretinoin .05% or .1%). You may resume using these products once the skin is no longer red or sensitive.
- If you frequently get cold sores on lips and this area is to be treated consider taking Valtrex, one 500mg tablet by mouth twice a day on the day of & day after your procedure (please ask for prescription).
- Please remove hair from the treatment area (a \$25 fee will be imposed for failing to shave).
- Without exception, remove all make-up from the treatment area. You may reapply afterwards.
- Some patients choose to use a topical anesthetic to lessen the mild discomfort from the Fractional Laser treatment. Apply *Renu Rx TripleCaine cream sparingly* to the treatment area 30 minutes before your procedure. **Only use on small areas.** *Test cream on small spot on your arm before 1st application. If it turns red & itches, then don't use.*

Post-treatment care:

- You may return to regular activities immediately (minimal down time).
- Flushing and moderate swelling will last several days. Brown spots and uneven pigmentation will usually darken after treatment. Bronzing, redness, or a grid of tiny white spots are common. These temporary effects will gradually disappear, usually in a few weeks, but sometimes in a few months. Mild flaking is also possible. *Apply an ice pack immediately afterwards* and take ibuprofen or Tylenol® for relief of discomfort. Applying make-up will usually cover most of these temporary changes.
- Blistering is exceedingly rare. Please contact us. You need to take special care of the area to minimize potential scarring. Cleanse twice daily. Apply an antibiotic ointment (e.g., Neosporin®) 3 times a day until the skin has healed. Absolutely avoid sun exposure and use sunscreen. Redness that spreads to surrounding, untreated skin and increasing pain are possible signs of infection and you should notify us immediately.

Pre-Payment:

We require payment for all cosmetic procedures at the time of scheduling each series. **Payments are non-refundable.** Photorejuvenation treatments are considered a medical expense and consequently may be tax deductible or qualify for employer sponsored medical spending accounts.

Please call us toll-free (866) 966-RENU if you need to reschedule your appointment. Please be advised that we have a 24-hour cancellation policy for all services. A \$25 fee will be charged for a missed appointment.