

HOME CARE INSTRUCTIONS FOLLOWING A PROFRACTIONAL TREATMENT

What to expect:

- We recommend that you sleep on your back if your face and/or chest were treated.
- You will experience a sunburn sensation and redness the first 3-24 hours and up to 2 days.
- Edema or swelling may persist up to 5 days following an aggressive treatment.
- Your skin will show a brown pixelated pattern and your skin will feel grainy with minor flaking on days 3-5.
- Profractional spots will naturally exfoliate; they are less obvious if your skin is well hydrated.

How to care for your skin:

- For the **first 24 hours**, reapply dressings as needed to protect your skin from friction.
- **DO NOT** cleanse treated area for the **first 24 hours**, **do** reapply moisturizer to hydrate skin.
- For the **first 5-7 days** following your Profractional use only a gentle cleanser, a hydrating moisturizer, and SPF 30; Profractional is very dehydrating.
- You may apply a pure mineral make-up on **day 4-5**.
- On **days 5-7**, if your face was treated, the skin will flake and heal, other body parts take longer. A gentle microdermabrasion or microscrub is fine if you are bothered by the rough skin texture.
- **After day 5**, perform a spot test prior to resuming your normal skin care products. If there is any irritation, continue with the above skin care and perform another skin test in 24 hours. Resume your normal skin care regime when there is no irritation.
- For a history of cold sores, continue antiviral medication as prescribed by physician.
- Please call our office at 703-264-0904 for questions and concerns.