

PREPARING FOR
ULTRAPULSE ENCORE ACTIVE Fx | DEEP FX
LASER SKIN RESURFACING

ANALOGY:

This process is very similar to lifting weights in order to build muscle. When you lift weights you are breaking down muscle fibers that will regenerate into stronger/leaner tissue. Rebuilding collagen to create tighter/smooth skin is very similar. Wrinkles and skin laxity are caused from loss of collagen elasticity that happens with age, sun damage and smoking. The heat that is infused into your skin by this laser helps to breakdown the collagen (like the weight lifting breakdown of muscle), collagen begins to regenerate within a month and will gradually smooth out your skin. While in most cases only need to do this treatment once, it will take your collagen months to fully regenerate. Be patient, the results for your tone and texture are noticeable in the first weeks, while wrinkles, laxity and scars will improve over time.

PRIOR TO TREATMENT:

- Avoid sun exposure/tanning for 2 weeks
- Keep a bland, low salt diet one day prior and 2-3 days post.
- Purchase Aquaphor and Hydrocortisone 1% Cream
- **Arrange for driver day of treatment.** You will be pre-medicated and may have swelling around eyes. Both impair ability to operate vehicle.
- Full payment must be received 48 hours prior to your procedure. We do not accept checks on the day of your procedure.
- This is a long procedure and we have set aside time for you. Same day cancellation fee is \$500.

TREATMENT DAY:

- Please arrive 90 minutes before your scheduled procedure time.
- You will receive antiviral medication to prevent a herpes outbreak, pain medication and numbing ointment for one hour.
- Please let us know if you are taking any new medications or have any new medical concerns on the day of your treatment.
- We can call your driver 15-20 minutes before your anticipated pickup.
- Please have some food prepared at home ahead of time so you can eat a light meal and stay in bed the remainder of the day and evening. You will be sleepy and unable to drive.

AFTER THE TREATMENT:

This procedure is intended to ablate a large percentage of the top layers your skin. Even though this is fractionated resurfacing, the entire skin surface is affected. Part of achieving the desired results is the destruction of the top layers of your skin. Therefore, it takes several days for the skin to remodel, repair and heal. Four days of swelling, and redness, along with some oozing is to be expected. Please prepare for 4 days at home and two to three more days of very limited activity. By day 7, you can expect significant healing; however, we ask that you plan for **10 days of social downtime** for this procedure. This is an excellent opportunity to catch up on your reading or binge watch a series you've missed. Please relax and give your skin time to heal.

ACTIVE FX | DEEP Fx | TOTAL FX POST CARE INSTRUCTIONS

Every person is different in the way their skin responds to laser resurfacing. You may experience a strong reaction, or a very minimal one. The range of "normal" is wide. Here are some guidelines to follow, but please call us or come in if you need reassurance that you are progressing in your recovery.

Your skin will burn for up to 2 hours so apply cold packs to soothe the discomfort. Once this sensation passes it will feel like sunburn. For the next 3-5 days you will:

- Wash with gentle cleanser (Cetaphil/CeraVe) using fingers tips ONLY
- Apply Aquaphor several times a day to maintain hydration
- Stay completely out of the sun. Apply daily sunblock when the skin has healed.
- Skin will be puffy, especially around the eyes. Sleeping propped up on extra pillows helps alleviate this. You may get significant swelling depending on your individual reaction to the treatment.
- Small bumps that resemble white-heads may appear. Do not pick them, they typically disappear within 24-72 hours
- Skin may feel tight and itchy. Over the counter Hydrocortisone 1% Cream may be used to relieve the itch.
- Skin will be flaky, dry, and may start peeling or sloughing around day 3

First 2-4 Hours After Treatment:

1. Take Acetaminophen or Ibuprofen for discomfort.
2. Apply cooling compresses. Avoid direct application of ice to skin.
3. Blow air from a fan to help with cooling process.
4. Keep treated areas covered "glossed" with occlusive ointment (Aquaphor) for up to 4 days.
5. May use fine mist of Thermal water spray.

First Night:

1. Sleep on the back and with the head slightly elevated (continue every night until swelling subsides)
2. Place a towel over the pillow to protect pillow from occlusive ointment.
3. If patient is experiencing irritation to the eye, may use an eye lubricant such as Systane.
4. Avoid environmental irritants (i.e. Dust, dirt, sun, hairspray)

Day 1 (First Day After Treatment):

1. Stay indoors and avoid direct sunlight.
2. Begin washing face 3 times a day with gentle cleanser and tepid water. You may take a tepid shower and wash hair.
3. Re-apply occlusive ointment ("Glossing") to treated area.
4. Continue to hydrate and eat healthy foods. Avoid alcohol.

5. Avoid exercising until face is healed.

Day 2:

1. Continue washing face up to 3-4 times a day with gentle cleanser and tepid water.
2. Itching (particularly along the jaw line) tends to begin on this day. Hydrocortisone 1% may reduce itching.
3. You may apply extra occlusive ointment, cool compresses, or take an oral antihistamine such as diphenhydramine (Benadryl) for added comfort.
4. AVOID Picking and scratching.

Day 3:

1. Continue to wash face up to 3-4 times a day with gentle cleanser and tepid water.
2. Itching may persist. Use Hydrocortisone 1% as needed.
3. The central aspect of the face will begin to exfoliate today leaving behind soft pink tissue.

Day 4-7:

1. Itching has usually subsided.
2. May start a light exfoliation.
3. Patient may transition to a non-occlusive moisturizer (Eurcerin, CeraVe, Cetaphil etc.) and spot treat drier areas with occlusive moisturizer (Aquaphor).
4. Start non-irritating sunscreen 30+ with titanium oxide and/or zinc oxide when going outside. Avoid direct sun.
5. Most patients will be able to apply mineral make-up to treated area.

Day 7+:

1. May start regular skin care program as long as treated area is healed.
2. Continue to apply a non-irritating sunscreen and use mineral make-up to protect the treated areas.
3. Avoid exposure to excessive sun up to 4 weeks. Hat or clothing must be used to protect the treated areas.
4. May return to exercise program.

If you develop excessive swelling, sores, pain, numbness or non healing areas of skin
CONTACT US (818)505-9300 or e-mail: info@laskinmd.com

2022 PRICING

| ActiveFX DeepFX TotalFX CO ₂ Fractional Resurfacing | TotalFX Single Session | Additional future treatments (w/in 1 year) | Acxative FX or Deep Only | ActiveFX or DeepFX only future sessions (w/in 1 year) |
|---|------------------------------|---|-----------------------------------|---|
| Face | 2,500 | 1,800 | 900 | 750 |
| Face/Neck (Face-TotalFX Neck ActiveFX only) | 3,500 | 2,500 | 1,350 | 1,200 |
| Neck | 1,350 | 900 | 900 | 750 |
| Hands (both hands) | 550 | 400 | 440 | 320 |
| Hands (both hands) add-on | 300 | 300 | 240 | 240 |
| Eyes | 750 | 750 | 600 | 600 |
| Active FX Mini | | | 900 | 750 |

Cost Estimate: _____

Deposit Paid: \$_____ on: _____

Amount due prior to treatment: \$_____

Your Active Fx | Deep FX appointment is scheduled as follows:

Date: _____

Arrival Time: _____

Procedure Time: _____

Pick-Up Time: _____

by: _____

*Since this is a long appointment, full payment and
48 hour cancellation notice is required.
Same day cancellation fee is \$500.*

TEAR OFF THIS SECTION AND SCAN TO PATIENT CHART

ULTRAPULSE ENCORE ACTIVE FX | DEEP FX LASER SKIN RESURFACING

I have received Active FX | Deep FX | Total FX Post Care Instructions and agree to review, understand and follow the guidelines recommended by my healthcare provider.

Name

Signature

Date

Cost Estimate: _____ Deposit Paid: \$_____ on: _____

Amount due prior to treatment: \$_____

Since this is a long appointment, full payment and 48 hour cancellation notice is required. \$100 24 hour or less cancellation fee.

*Same day cancellation fee is \$500. Initial*_____