

Total FX Pre-Treatment Checklist

2-4 Weeks

- ⊗ Meet with esthetician to discuss procedure
- ⊗ (Optional) Begin taking Vitamin C 1000 mg 2 x a day
- ⊗ (Optional) Begin taking Arnica Montana 30x 4 pills 3-4 times a day (dissolve sublingual)
- ⊗ Start a skin care regimen with Retinol + Hydroquinone

1 week prior to procedure

- ⊗ Stop taking any Aspirin, Motrin, Ibuprofen, or Advil as this can cause more bleeding and bruising. Tylenol is okay to use.
- ⊗ Fill your prescriptions

2 days prior to procedure

- ⊗ Begin taking Valtrex 500 mg 2 x a day with food and will continue for 4 days post treatment for a total of 6 days. This is to prevent cold sores even if you do not have a history of cold sores

1 day prior to procedure

- ⊗ Eat some fresh pineapple (This helps decrease bruising and excess inflammation)

1 hour prior to procedure

- ⊗ Take one Valium 5 m (and/or Halcion) when you get to the office for numbing
- ⊗ If you have allergy to these please let us know! **You will need a driver if you take these!**

Day of Procedure

- ⊗ Eat a meal!
- ⊗ Shower and wash your face with an antibacterial soap and wash your hair
- ⊗ Wear an old button down shirt
- ⊗ For Ladies
 - ★ NO make-up or lotions (lipstick, blush, mascara, powder, etc)
 - ★ NO hair products (hairspray, gel, etc)
 - ★ NO jewelry
 - ★ NO perfume
- ⊗ For Men
 - ★ MUST shave areas to be treated the morning of procedure

Post Procedure

- ⊗ Avoid any aggressive exercise program for at least one week.
- ⊗ A flare-up of acne or formations of milia (tiny white bumps on the skin) may occur 2-3 weeks post-treatment. These symptoms are not unusual and can be easily resolved. Contact our office if this occurs and we will provide you with a Minocycline prescription.
- ⊗ Sun protection is extremely important pre and post treatment.
- ⊗ We encourage a quality skincare regimen to maintain your results and to help prevent future damage. A skincare consult is recommended 1 week post treatment.

“If you do what you always did, you get what you always got.”

If you take Valium or pain medicine, you must have a driver for pick-up. They are welcome to come and watch the procedure. (Please provide us with a contact number for your driver)

Total FX Post-Treatment Checklist

During the procedure

- ⊗ Your eyes will be covered with protective shields or goggles during the treatment. The laser could cause direct eye injury in the absence of these precautions.
- ⊗ Most people will feel some heat-related discomfort (pain) associated with the treatment. This discomfort is usually temporary during the procedure and localized within the treatment area.

Immediately after procedure

- ⊗ The areas we treated will feel hot like a sunburn for the first 2-3 hours.
- ⊗ Cold compresses with frozen washcloths will be applied to help alleviate this discomfort. Frozen peas at home wrapped in a towel will also help.
- ⊗ Direct the air-conditioning at the treated area to increase cooling once you get in your car

First 2-4 hours and day of treatment

- ⊗ Go Home and Rest!
- ⊗ You can now take Ibuprofen or Aspirin if necessary.
- ⊗ Continue to apply cold compresses, but avoid direct application of ice to the skin
- ⊗ Once the intense heat subsides (usually 2-3 hours), apply Biafine emulsion and an occlusive ointment such as the SkinMedica Restorative ointment as a “light glossing” over the treated skin.
- ⊗ Sleep with your head elevated on pillows to minimize swelling the first few days. You may want to place a towel over your pillow to protect it from the ointment

Day 1 (First day after treatment)

- ⊗ You may shower today, but avoid hot water and avoid fragrance products
- ⊗ WASH AND APPLY:
 - ★ Gently wash face with tepid water and a gentle cleanser (SkinMedica cleanser)
 - ★ Biafine emulsion and then immediately apply ointment (SkinMedica) anytime you wash your face (Repeat this 3 times a day)

Day 2

- ⊗ Expect skin to be flaky, dry and brown. Itching, especially along the jawline tends to begin this day. OTC Hydrocortisone 1% may help with the itching
- ⊗ Oral Benadryl, Claritin or Zyrtec can also help with the itching

Day 3

- ⊗ The central part of the face will start to exfoliate leaving behind soft pink skin
- ⊗ Continue to wash and apply ointment 3 times per day

Day 4-7

- ⊗ Itching should have subsided by today
- ⊗ Continue to wash and apply ointment.
- ⊗ You can now apply TNS Recovery complex => Biafine => Restorative ointment 3 times per day
- ⊗ You may be able to start using Skin Medica Ceramide cream at this time 3 times per day
- ⊗ You can switch to a non-occlusive moisturizer on day 6-7 and spot treat dry areas with the ointment as needed.
- ⊗ Start using a sunscreen with either Zinc Oxide or Titanium Dioxide when going outside (We like Elta MD 41 or the Skinmedica sunscreen)

Days 7+

- ⊗ Avoid excess sun exposure for up to 4 weeks. Wear a hat or protective clothing
- ⊗ You can wear a mineral make-up
- ⊗ You can return to your exercise program

The Big No-No's

- ★ **DO NOT SMOKE!**
- ★ **DO NOT PICK OR SCRATCH!!!** Allow your skin to gently exfoliate with the gentle washing.
- ★ **Do Not over expose your skin to the sun at least 2 weeks prior to the procedure. Tanning is not advised at least 4-6 weeks prior to treatment. We reserve the right to cancel treatment if you are too tan**
- ★ **Do Not consume alcohol the day of the procedure as this will increase inflammation and discomfort**
- ★ **Avoid direct sunlight and wear a hat for first 2 weeks to prevent hyperpigmentation of the treated skin**
- ★ **No Lifting, straining or strenuous exercise**
- ★ **Avoid any harsh products or topical exfoliation (Retin-A, Peels) for 4 weeks. The surface of your skin is brand new and needs to normalize before you use any of these products. Think of it like “baby skin”**
- ★ **Do Not Panic- the first 4-5 days can be a little disconcerting, but the redness will subside and your skin will look younger and fresher**

Please call us with any concerns (513) 984-4800

Patient Shopping List

The following will be given to you the day of treatment:

- Gentle Cleanser:**
 - Skin Medica Cleanser
- Growth Factor**
 - Biafine emulsion or TNS Recovery Complex
- Occlusive ointment:**
 - Skin Medica Restorative ointment or Elta MD laser balm
- Non-Occlusive moisturizer:**
 - Skin Medica Ceramide treatment or Elta MD moisturizer
- Sunblock:**
 - Skin Medica 30 sunscreen or Elta MD 41
- Head band to keep hair out of treated area**
- Cool compresses- Towels**

Things you may need to purchase:

- Mineral Make-up: Glo Minerals-** We have a medical mineral make-up that our esthetician will discuss with you 1 week after treatment
- Hat to protect areas from sun exposure**
- Fragrance free detergents, and no fabric softener**
- Pineapple**
- Medications**
 - ★ Valtrex
 - ★ Zithromax
 - ★ Valium and/or Percocet (Halcion if prescribed)
 - ★ Benadryl, Claritin or Zyrtec for post-treatment itching
 - ★ Bacitracin ointment

What is the TotalFX Laser?

Laser Skin Resurfacing

Years ago, laser resurfacing meant weeks of downtime and months of redness. With recent advances in laser technology, fractional resurfacing has emerged as one of the most exciting developments in cosmetic medicine. By combining fractional technology with the depth of tissue penetration possible with CO2 lasers, we can achieve close to flawless complexions as well as significant improvement in skin texture and tightening with less than 1 week of social downtime.

What is Fractional laser resurfacing?

With fractional treatments, only a fraction of the skin's surface is treated by the laser, leaving small bridges of untouched skin. This technique makes the healing time much faster and enables you to get back to normal activities sooner. The UltraPulse CO2 laser delivers thousand of tiny laser pulses in a pattern over the skin. Each pulse heats a column of tissue, eliminating pigment discoloration at the surface and creating a zone of heat deep in the tissue. It is this zone of heat that will shrink collagen and tighten the skin immediately. In addition, the heat will stimulate collagen remodeling and continue to tighten your skin for up to 6 months after your treatment. Most people look even better 3-5 months after the procedure.

The goal of laser skin resurfacing is very simple: Replace your damaged skin with new and fresh skin.

Targets in laser resurfacing are:

- * Fine lines and wrinkles
- * Loose eyelid skin
- * Crows feet around the eyes
- * Frown lines and lines around the mouth (pucker's lines)
- * Brown spots and splotchy, uneven skin tone
- * Acne scars
- * Loose skin around the neck and jowls

Will I need multiple treatments like Fraxel?

Most people achieve significant results with just one treatment. You will notice immediate skin tightening, reduction in fine lines and wrinkles and a noticeable improvement in skin tone and texture within one week of your treatment. Over the next 6 months you will continue to tighten as collagen is remodeled under your skin. People with severe acne scarring may need more than one treatment depending on the depth of their scars

What can I expect?

You will start with a skin care consultation to determine what treatment is right for you. The ActiveFX is more superficial and is an ideal treatment for fine lines, texture and pigment. The DeepFX goes deeper to treat deeper lines and scars. By combining these two, you get the TotalFX package. We can therefore customize treatments to target specific areas of concern, and tailor it to fit within your lifestyle. On the day of the treatment, we will apply a topical numbing cream. You will feel like you have had a sunburn for the first 2-3 hours and will start flaking within the first 3-4 days. You should have a nice healthy pink glow by the end of your first week.

Who should consider this treatment?

- * Anyone who wants noticeable results with minimal downtime.
- * If you want to treat fine lines, wrinkles and skin laxity
- * If you have brown discoloration or sun damaged skin

Total FX Laser Treatment
Patient Consent Form

Date: _____

DO NOT SIGN THIS FORM WITHOUT UNDERSTANDING THE CONTENTS OF THE CHECKLIST(S)

Please read and initial each line.

I have been given all my pre and post care instructions for the Total FX laser. _____

I feel that all of my questions have been fully answered. _____

I understand and will comply with these instructions and realize that deviating from them may cause a less than desirable result after my treatment. _____

Name: _____

Signature: _____

Witness: _____