

## Active FX Pre and Post Care Instructions

Active FX is a partially ablative laser that will require 3-5 days (long weekend) recovery. We do not suggest that you plan social engagements for 5-7 days. It is a “dry” recovery. The skin will react the same as a medium depth peel, with 3 days or so of redness and sloughing of skin. All preparation and post recovery is standard for all clients.

### 2 Weeks prior to procedure

A skin consult may be recommended, you may be required to obtain Retinol and Lightening Cream. If so, apply as instructed for two weeks prior to procedure.

For two weeks prior to procedure, please avoid excessive sun exposure. Please **do not tan**, and please use SPF 30 or greater, daily, for the two weeks prior to treatment in order to minimize sun exposure.

### Day of Procedure

Come to the office with clean skin. **No Makeup, No Moisturizers.**

Wear comfortable clothing such as a button down shirt or zip front clothing such as warm up/sweat suits. We recommend flat or very low heeled shoes.

### Post Treatment

Keep the skin liberally covered with Cu3 Cream. Intermittently cool the skin with the cooling gel mask and/or ice packs, as needed for comfort. This “sunburn” feeling will dissipate over the first 12-24 hours. **Do not use any type of acid based cleansers, astringents, or chemicals on your face.**

On the first day/evening of treatment, sleep with your head and shoulders elevated. A thin brown “peel” will appear within 1-3 days. This is the sun damaged surface coming off. **PLEASE DO NOT RUB, SCRATCH, OR PICK YOUR SKIN.**

Please avoid direct sun exposure for the immediate 48 hours after treatment.

Please remain indoors as much as possible during this time period.

The redness will increase on day 2 and 3, this is normal. It will resolve to pink by day 5-7. Dr. Brenza will tell you when you can wear makeup, usually day 5, once the skin has new epithelium in place and there are no open areas on the skin. On

day 3 or 4 return to the office for post laser follow up.

As the peel develops the skin may “itch.” This is normal healing. Use Hydrocortisone and needed to prevent “itch”. Keep the skin moist with the Cu3 cream. The hydrocortisone and Cu3 cream may be used together.

Some swelling is normal and expected after this procedure. If, however, you experience excessive swelling or any of the following signs of infection, you should contact the office immediately. These signs include: drainage, increased warmth of the area treated, fever of 101.5 or greater, increased pain or discomfort.

**After treatment please avoid direct sun exposure for at least 1-3 months depending upon depth of treatment, and continue to wear SPF 30 or greater for that time frame.**

The pinkness may take 7 days or longer to dissipate, depending upon the depth of treatment, however, you may wear makeup to cover the pinkness until it is fully resolved.

After treatment you may find your skin is initially very dry. Apply moisturizer as needed to keep the skin moist and supple.

After 2 weeks you may resume prescribed skin regimen.

Please call at any time with any additional questions (856) 218-4848.