

DEEP FX PRE AND POST CARE INSTRUCTIONS

Deep FX is a microablative laser procedure designed to deliver heat to the deepest layers of the dermis. Therefore, it is recommended for the treatment of deeper rhytids (wrinkles) and more pronounced laxity of the skin. The recovery period lasts approximately 5 days. By the fifth day the redness begins to settle out and become replaced with pinkness. To make a to schedule allowance for this recovery period, it is not recommended to schedule any type of social event within a one week period after treatment with Deep FX.

Preparation

For seven (7) days prior to procedure stop taking any aspirin, ibuprofen, Cox II inhibitors, aleve, and other NSAIDS, any dietary supplements, including Omega 3's, Flax seed oil, garlic, Vitamin E and any additional antioxidant preparations and any other supplements.

Please avoid direct sun exposure for 2 weeks prior to treatment. Please protect the skin with SPF 30 or greater for this period of time prior to treatment.

Day of Procedure

Please have arrangements made to be picked up after the procedure, as **DRIVING IS PROHIBITED**. After anesthesia or oral sedation, it is common to feel fatigued during the remainder of the day.

Come to the office with clean skin. No makeup, no Moisturizers. Wear comfortable clothing such as a warm up/sweatsuit. We recommend flat or low heeled shoes.

Deep FX is often administered in conjunction with Active FX. The post care instructions for areas treated with Active FX are slightly different and those instructions should be followed accordingly.

Post Treatment

The only discomfort associated with this procedure is during the actual administration of laser pulse, for which you will be properly medicated or sedated. There is no immediate post treatment discomfort. There may be some feeling of "sunburn" lasting less than one hour. This dissipates quickly and post recovery does not require any medication greater than OTC Tylenol.

The day of treatment there may be punctuate (pinpoint) bleeding and some mild oozing (clear fluid) which will stop by the end of the first day or early into the second. This can

be managed easily by dabbing with a damp washcloth or clean 4 x 4's, which will be provided to take home. **This is normal and expected.** Clean the area very gently (dabbing) only, do not drag or rub the skin, then reapply a small amount of Cu3 cream.

This procedure is to be used during the course of the next 48 hours for cleaning and treating the skin. **At no time are you to apply anything except damp washcloth or dry 4x4s and the Cu3 cream. Always wash your hands before applying the cream or touching your face. DO NOT USE ANY TYPE OF CLEANERS, ASTRINGENTS, SOAPS, CHEMICALS, OR MAKEUP** during this important 48 hour window after treatment.

The day following treatment is the point of maximal redness and swelling. You will be deeply reddened and significantly swollen for this 24 hour period. It will begin to dissipate on the second full day after treatment. Most of the swelling has minimized by the third day and most of the redness by the fifth day.

To assist in minimizing the post treatment swelling, it is a good idea to sleep with your head elevated on 2-3 pillows.

If you experience prolonged or excessive swelling or show any signs of infection, you should contact the office immediately. These signs include: excessive drainage, particularly after the first day, accompanied by increased warmth of the area treated, fever of 101.5 or greater and increased pain or discomfort.

Return in 3 to 5 days for your post treatment evaluation.

Because of the depth of the treatment, it is important to avoid direct sun exposure for 1 to 3 months after treatment, with due diligence in the daily application of sunscreen of SPF 30 or greater for that time period.

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

At the end of one week you will have a beautiful healthy glow to the skin. The most exciting aspect of this treatment, however, is the subsequent collagen boost which takes place for up to 6-9 months, replacing lost collagen and elasticity to the skin.

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