

Nano-Fractional Treatment Instructions

Normal Post-Treatment Reactions:

DAY 1-5:

The healing time for any given treatment varies between different clients. The following represents the general recovery phases you might expect. Individual clients may experience variations from this course.

- **Swelling/Discomfort/Redness** - Swelling of your wrinkles occurs immediately. Significant swelling and redness of the treated areas and untreated parts may occur following your procedure and will be maximal at 24-48 hours. To minimize swelling, keep your head elevated. It is not uncommon for clients to have their under-eye area swollen for the first 1 to 2 days, but this swelling will subside. There will be redness and very minimal warm emanating from the area for the first 24 hours (feels like a mild sunburn). You should notify us if you experience pain that is severe or excessive, as this is unusual. Tiny scabs will usually form 24-72 hours post-treatment and may remain for several days. The scabs should not be touched or scratched even if they itch and should be allowed to shed off naturally.
- **Activity** - Post resurfacing discomfort is mild, and you may return to regular activities immediately. It is advised that you avoid hot baths, saunas, jacuzzis and pools for the first two days following treatment (bacteria in them can enter into the newly created channels in your skin and cause an infection). Do not apply ice or cooling compresses as the heat response is the body's natural healing response.
- **Moisturizer** - Moisturizer may be applied only 24 hours after each treatment, and then should be applied regularly throughout the course of the treatment.
- **Make-up** - After 24 hours, most clients are ready for make-up to hide the pinkness of the skin. It is important that you remove all make up that is applied to the skin at night. Do not sleep with make up on the treated area.
- **Sun Avoidance** - Sun avoidance should become a permanent component of your long-term skin care program. Always use an SPF 30 or greater. Sun exposure, tanning beds and artificial sunless tanning lotions are not allowed in the treated areas during the course of the treatment.
- **Long-term Skin Care** - In addition to sun avoidance, we suggest all clients use long-term skin care that will optimize the youthful, rejuvenated appearance you have achieved. We offer clients a program for long-term maintenance of your facial skin. This unique program offers state-of-the-art rejuvenating creams that are only available and administered by our medical team.
- **Warning Signs** - The following are some of the symptoms that should alert you to the possibility of an impending or existing complication and you should contact the clinic.
 - **Infection** - Infection may be present if you notice:
 - Increased (rather than decreasing) facial swelling after the first 24-36 hours.
 - Redness spreading beyond the area of resurfacing that is warm and tender to touch.



Post-Nano-Fractional Home Care Regime

Day 1-5

- Do not use water on the treated skin for 24hrs (this includes cleansing the skin)
- Refrain from exposure to hot baths, saunas, Jacuzzis and pools for the first two days following treatment
- Refrain from using ice packs on the treated area for 24 hours
- Begin using moisturizer on treated area 24 hours post-procedure
- Begin using sunscreen SPF 30 or greater) on treated area 24-48 hours post-procedure if skin has fully healed

We want you to have an outstanding result! If you have any questions or concerns about your Laser treatment, please contact our office at 613-792-4137 or info@ottawaplasticsurgery.com.