

# ResurFx

(photo-fractional, non-ablative skin resurfacing)

## What to Expect During and After Your Procedure

### During your procedure:

- Your physician may elect to apply a topical anesthetic to the treatment area prior to treatment.
- Your eyes will be protected.
- Cold air will be applied directly to the skin surface as treatment is being performed to help decrease the sensation of heat & to protect the surface layer of your skin.
- You will feel the sensation of heat (similar to a “rubber band snapping” against your skin)

### After your procedure:

- Redness and “welts” localized to the treated area may be present after treatment; this will subside in a few hours but can be covered with makeup if desired. Swelling can vary from patient to patient from no swelling at all to marked swelling.
- Apply sunscreen with Zinc Oxide and/or Titanium Dioxide daily. Protect the treated area from sun exposure (hat, sunglasses, sunscreen, etc.)
- If necessary, ice packs applied to treated area day of procedure will help reduce the heat sensation and help to minimize swelling.
- Swelling typically peaks at 12 hours. If treatment was performed on your face, sleeping with your head slightly elevated for the first night will help minimize swelling.
- NO RUBBING, PICKING, OR WIPING THE TREATMENT AREA
- OK to shower and/or wash face day of procedure.
- Gentle cleansing is fine. Avoid using a skin cleansing brush or anything abrasive for first 3 - 5 days after treatment. All other skin products and makeup are fine.
- More than one treatment, done at \_\_\_\_\_ week/month intervals will be necessary to achieve optimal desired results.
- Follow any additional specific post treatment instructions from your physician.
- Follow up with your physician in \_\_\_\_\_ days/weeks.

**Please contact our office if you have any questions or concerns at (858) 657-1002.**