

ResurFx

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 and to protect the surface layer of your skin.
- You will feel the sensation of heat (like 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.). Reapply sunscreen every 2 hours.
- If necessary, you can apply ice packs to the treated area (10 min. on and 10 min. off) on the 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.**
- It is 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.
- Multiple treatments may be necessary to achieve desired results.
- Follow any additional specific post treatment instructions from your Physician.

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

Additional notes/instructions:

Physician: _____ Assistant: _____ Date: _____