

## **ResurFX Pre-Procedure Care**

- ❑ Avoid sun exposure or tanning beds for as long as you can before treatment.
- ❑ Discontinue any use of retinoid products 5 days before treatment.
- ❑ Wear a shirt that is easily removable on the day of appointment so as to avoid pulling material over the face after appointment.

## **ResurFX Post-Procedure Care**

*The following is expected after ResurFX laser procedure:*

- ❑ Redness, itching and minor irritation similar to a sunburn may develop and generally lasts several hours.
- ❑ Neck skin is thinner and thus more sensitive. Redness in this area may persist for several days longer than the face.
- ❑ Small light-colored microdots appear in the treated area as part of the wound healing process and should be left to fade away naturally.
- ❑ The face will normally bronze and peel within 3-5 days while the décolletage may need up to 2 weeks.

*Important post-procedure care:*

- ❑ Maintain high hygienic standards of the treated area for several days.
- ❑ Washing - *Gently* wash your face or other treated area with lukewarm water and a mild cleanser - ZO Gentle Cleanser is a great option. It's essential to use a mild cleanser during the healing period. Gently pat your skin dry, never rub.
- ❑ Discontinue any use of retinoid products for 5 days after treatment.
- ❑ Bathing - Try not to let water stream hit your face directly when showering. Bath's are ok as long as hot water is avoided.
- ❑ Activities - Avoid strenuous exercise and perspiration. No swimming.

❑ **AVOID**

❑ **Avoid direct sunlight**

❑ **Sun exposure hinders the process of healing by triggering damage to the healing skin. It may promote skin pigmentation and textural changes that may be permanent.**

❑ **Tanning may increase melanin regeneration, which may worsen hyperpigmentation.**

❑ **Avoid dryness and excessive heat**

❑ **Avoid trauma: no picking, no extractions**

❑ Use sun protection with a high SPF, at least 30, for at least one month after the treatment. Sunblock with zinc oxide and/or titanium dioxide will help immensely.

❑ Keep skin moist and cool to aid healing. A cold compress may be applied for 10 minutes of every hour on the day of treatment until bedtime.

❑ Sleeping with your head elevated on the first night may help to reduce swelling.

❑ Regular application of calming and hydrating agents is imperative. The treated areas must be kept moist. ZO Hydrating Creme or ZO Renewal Creme is a great choice while offering additional skin care benefits.

*If you have any concerns with how you're healing please call the number you were given.*