

RESURFX LASER & IPL INSTRUCTIONS

ResurFX is a fractionated non-ablative laser treatment which improves the collagen in your skin to help with signs of aging, wrinkles, acne scars, red scars and stretch marks. It works by heating small columns in the skin in a fractionated pattern (speckled). This allows for a much faster recovery compared to ablative fractional resurfacing (for example, CO2 laser). This treatment requires a series of sessions, typically 3, spaced 4 weeks apart and is often used in combination with IPL (below) to help both the superficial and deeper parts of your skin.

IPL or Intense Pulse Light is a method of delivering light energy for treatment of redness or blood vessels (example: rosacea), brown discoloration (examples: sunspots or lentigos) as well as for acne. It is often referred to as "photorejuvenation" because it will give the effect of improving those signs of aging from discoloration caused by your lifetime of sun exposure. This treatment is also often done as a series of sessions, which vary depending on the degree of skin discoloration that you have, but most often 3 treatments spaced 4 weeks apart.

BEFORE TREATMENT:

- Avoid sun exposure or tanning. We cannot treat your skin if you have recently tanned or sunburned.
- Contact us if you notice a cold sore or unusual rash on your skin before treatment.
- If you have a history of cold sores, Dr. Tokarz may place you on a common anti-viral medication.
- Topical anesthesia or "numbing cream" is often recommended to reduce discomfort. We recommend you apply this to a clean face 30-60 minutes before your appointment. If it's your first treatment and you're unsure how to apply, we can apply it for you and have you wait in the office. Application of the cream is like a moisturizer. Avoid your eyes and directly over your lips and wash your hands well after application.

AFTER TREATMENT:

- Dr. Tokarz will apply a comforting gel or moisturizer and you'll be given cold packs to hold on your skin to reduce redness, inflammation and swelling.
- Continue to use cold packs intermittently throughout the first 24 hours.
- Sleep with the head of your bed elevated to reduce swelling migrating around your eyes and causing excessive puffiness.
- Gently wash your face in the morning and evening (example: Elta MD foaming cleanser).
- Wear a sunscreen containing Zinc Oxide +/- Titanium Dioxide whenever you're exposed to sunlight (Examples: Elta MD Elements or UV Physical, ISDIN sunscreen).
- Dr. Tokarz may prescribe a short course of prednisone if she anticipates you'll have a lot of swelling, usually for treatments of redness or rosacea.
- Brown areas or "sunspots" will turn darker and then flake away over the next 1-2 weeks. Areas off the face (chest, arms and legs) can take longer for the treated skin to exfoliate (2-4 weeks). You can gently massage over those areas using a washcloth in the shower as they begin to flake away.
- Contact our office if you have blistering, excessive swelling not relieved with medication, persistent discomfort, or any other concerns at 401-886-LASR (5277).