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Active/Max/Total/Deep FX – Pre-Treatment Instructions

To achieve optimal treatment results, you should be on an effective skin regimen. The following are descriptions and recommendations of beneficial products. You may use products in your existing skin regimen as long as they contain similar ingredients and concentrations. If you'd like Dr. Benik or Dr. Tang to review your products to ensure they're adequate for this pre-treatment period, please bring them in to your next appointment.

Glycolic acid-based cleanser to dry skin for 30 seconds twice daily. We recommend Topix Glycolic 5% Cleanser.

Broad Spectrum sun block. We recommend the following: ELTA Physical Block SPF 41 Sunscreen

Collagen Formation. We recommend applying Alastin Skin Nectar, twice daily, starting 2 weeks prior to laser as well as Collagen Powder and Hydration Factor Supplements.

The following treatments can be beneficial prior to your Active FX Treatment

Don't:

- Use Accutane for one year prior to treatment
- Have dermal filler injections up to one month before treatment; the laser will reduce filler longevity
- Proceed with treatment if you have a cold sore present
- Fail to provide Dr. Benik or Dr. Tang with your complete medical history
- Proceed with laser or fillers if you:
 - Are pregnant, breast feeding, or on fertility medications
 - Have implants or permanent make-up without informing Dr. Benik or Dr. Tang.

Dr. Benik or Dr. Tang will provide you with prescriptions for the following medications in advance of your procedure:

- Anti-viral (Valtrex): Even if you have never had a cold sore or herpetic outbreak, 99% of us harbor the virus in our spinal cord, ready to emerge and scar the face. Because lasers can stimulate a breakout on your lips, face, or elsewhere, start Valtrex two days prior to procedure and continue until all pills are taken.
- Antibiotic (Keflex): To avoid any possible infection, start Keflex the day prior to procedure and continue until complete. An alternative can be prescribed if allergic to penicillin.

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- Antifungal (Diflucan): Fungal elements and yeast are common in our everyday environment. To prevent fungal or yeast infections, start Diflucan one day after laser and daily until complete.
- You will be given prescriptions for relaxation and pain relief to make you as comfortable as possible during the procedure. Bring them with you on the day of treatment and Dr. Benik or Dr. Tang will instruct you when to take them.
- Prednisone: Start by taking the day after, then, once a day until gone

If you are having your eyelids treated with the laser, you may be injected with local anesthetic, which requires avoiding the following for 2 weeks prior to your treatments to reduce bruising.

DO NOT TAKE:

- Aspirin, and any medicines that contain aspirin
- All pain killers or anti-inflammatories, such as Motrin, Advil, or Aleve. Tylenol is okay.
- All nutritional supplements, including Vitamin C and E, flaxseed, **fish oil**, and herbal teas.

You must purchase the following items in advance of your procedure:

- Bottled water
- White vinegar
- Sterile gauze
- Sterile Q-tips
- Purell or Hibiclens for hands
- Benadryl 50mg tablets
- UVA/UVB rated hat
- UVA/UVB large sunglasses
- Elastic head band
- Two 16-oz. Bags of frozen corn or peas
- Biafine ointment and Alastin Skin Nectar

Downtime:

Clear your social schedule for about 6 – 8 days. The higher the thermal settings, the more long-term effect, but also the longer social downtime. Expect mild redness and puffiness for at least one-month post-op.

Before Your Procedure:

- Shop for above-mentioned products
- Wash your sheets, pillowcases and towels in hot water with mild detergent
- Wash two or three white cotton T-shirts and your sleepwear
- Clean a small cooler (for your post-op ice and frozen veggies)
- Wipe quart size zip-lock storage bags (to enclose ice/frozen veggies with alcohol)

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Transportation:

Arrange to have someone drive you to and from the treatment, which should take at least three hours from arrival. Plan to either sit in the middle of the car's back seat or tape a paper bag to the window, as you will not be able to wear sunblock at this point. Also plan on returning for evaluation on day 3 and as necessary.

Day of Procedure: Arrive at Dr. Benik and Dr. Tang's office with the following

- Make-up free face
- Small cooler with ice and two 160z. packages of corn or peas
- Quart size plastic zip-lock storage bags wiped with alcohol, one for each bag of corn or peas
- Appropriate loose cotton clothing that you won't mind if stained by topical anesthetic cream, with buttons
- UVA/UVB rated hat and sunglasses

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Procedure Prep:

Once at Dr. Benik and Dr. Tang's office, photographs will be taken, and consent forms should be read and signed. A surgical cap will keep your hair away from your face and other areas to be treated. Areas will be cleansed and numbed with a topical product for 30 – 60 minutes.

The ActiveFX Procedure:

The topical anesthetic will be removed, and laser protection goggles will be placed. If you are having the eyelid surface treated, eye drops will be administered, and metal protectors will be placed under your eyelids, like a contact lens. You may be given local anesthesia injections just under the eyelid skin or other appropriate areas. The ActiveFX treatment will take approximately 20 – 90 minutes, depending on the number of areas treated.

Post-Procedure:

Immediately after the treatment, you'll experience redness like a bad sunburn. Apply ice packs for at least 30 minutes of every waking hour for the first 24 – 48 hours to minimize swelling. The redness will be followed by a spotty brown appearance from the scab formation. It is important to let the healing process take its course over the next several days and allow the scabs to flake off when they're ready. If you are having your eyelids treated, you will experience swelling, redness and some bruising for up to 5-14 days, depending on the effect desired. Remember, more effect = more downtime. Please refer to ActiveFX Post-Treatment handout for specific care instructions.

Follow up Visit:

Dr. Benik and Dr. Tang will want to see you on day 3 and as needed to check on your progress, cleanse the treated area, take photographs and to schedule your next visit.

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