

## FRACTORA PRE AND POSTOPERATIVE INSTRUCTIONS

Fractora:

### Preoperative Instructions

(All to be started 2-weeks prior to Fractora procedure)

1. Apply Alastin Skin Nectar, twice daily, starting 2 weeks prior to laser as well as Collagen Powder and Hydration Factor Supplements.
2. Take the collagen powder in the morning mixed in a drink of your choice (coffee, etc.)
3. Take Hydration factor supplements 2x/day.

### Postoperative Instructions

1. Two hours after your Fractora treatment, rinse face with bottled water to clean off any residual blood. If you have been prepping your skin with the Alastin Skin Nectar twice daily prior to your procedure you will continue to do so mixed with Biafine. Proceed to apply a thin layer of the Biafine/Nectar mixture to keep the skin moisturized.

Please rinse or wet your face prior to all product applications to allow re-hydration of the skin. Keeping your skin hydrated will allow for faster healing.

2. Expect your skin to look moderately red for the first 7-10 days after your treatment. Your skin may also be slightly tender and possibly swollen for up to 7 days after the treatment.
3. To relieve any discomfort, you may use cold bottled water to mist your face throughout the day. Please use a clean washcloth to pat dry. Extra strength Tylenol may also be used to relieve pain.
4. **IMPORTANT:** Do not pick, peel, or scratch any scabbing or crusting that may occur during healing.
5. Your post treatment 7 day and 1 month follow up appointments will be made the following day when Tracy Macdonald calls to check in on you. If you have any questions or experience the following symptoms: fever, chills, drainage, discharge, or extreme discomfort, contact the office immediately at (949) 770-8115
6. During the first 7 days after your treatment please use a hat and a scarf to cover treatment areas. If you have treated your neck and chest, please refrain from the use of sunscreen until area is completely healed. For the average patient this takes 14 days.
7. You may return to your regular skincare routine once your physician instructs you to do so. The following products are recommended for the best collagen and skin maintenance (3D Growth Factor Serum, Sente Dermal Repair Cream, Sente Neck Firming Cream, Alumier MD Alumin Eye, and Collagen Support Boost Powder). Monthly facials are highly recommended once you are one month post treatment. Hydrafacial and Revitapen are two options that are available in office.