



## CLEAR DERMATOLOGY

### ResurFx Treatment Instructions

#### BEFORE TREATMENT

- Do not tan or use self-tanner for 4 weeks prior to treatment
- If you are prone to getting cold sores, tell your doctor, so you can be treated with an anti-viral medication
- No Accutane 6 months prior to treatment

#### AFTER TREATMENT

- You may have a sunburn sensation following treatment that is usually gone within a few hours. Skin redness, flaking, mild crusting and/or slight swelling is normal and may last a couple days.
- Cold compresses can be used for comfort as needed. Hydrocortisone (steroid) cream may be used to decrease any itching or skin irritation.
- Your skin will be fragile for 2-3 days. Use gentle cleansers (Cetaphil, CeraVe), lukewarm water, and do not rub the skin vigorously.
- Skin moisturizers may be used immediately and makeup and sunscreen can be applied the next day if the skin is not broken.
- It is important to avoid sun exposure and tanning creams between treatments. Use a broad spectrum (UVA/UVB) sunblock SPF 30 or greater at all times. It should be reapplied every 2 hours if outside. A hat is also strongly recommended.
- Your skin may feel rough or tight. This is normal and will fade over a few weeks. You can apply moisturizers as needed.
- Avoid irritants such as Retin-A, Retinol, Renova, Differin, Tazorac, glycolics, bleaching creams and exfoliants for 2 weeks.
- Avoid chemical peels, facials, and microdermabrasion for 1 month.

#### FOLLOW UP TREATMENTS

- Follow up treatments should be scheduled every 4-6 weeks.
- Optimal results are achieved after 3-5 treatments however, you will continue to see improvement for up to 6 months following the treatment.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. We are happy to speak with you any time (310) 540-5272.