



BAY AREA COSMETIC DERMATOLOGY

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PRE & POST CARE FOR LINELASE (For Stretch Marks)

WHAT IS FOTONA: LINELASE?

LineLase is a 2-step non-invasive treatment combining the Erbium YAG and Nd:YAG lasers to soften and flatten the appearance of stretch marks and improve the overall appearance of the skin.

HOW TO PREPARE FOR TREATMENT

- **2 WEEKS PRIOR TO TREATMENT:**
 - Avoid sun-exposure including tanning beds. We are unable to treat you with a tan or sunburn.
 - Avoid perfumes, deodorants, waxing, chemical peels or collagen injections in the treatment area.
 - **If possible and approved by your MD, medications and supplements with light sensitive or blood thinning properties** should be avoided for 10 days prior to and 3-5 days after treatment. Avoidance of these will optimize results and reduce bruising and swelling. Common blood thinning medications and supplements include: Aspirin, Ibuprofen, Vitamin E, Omega 3 fish oils, and flaxseed oil
- **2 DAYS PRIOR TO TREATMENT:**
 - **Ensure you are well-hydrated to maximize treatment results.**
 - Avoid medicated and or active products for 2 days before treatment. These include retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products (which is the active ingredient in many of the Obagi and BACD brightening products), dapsone, acne products, or precancer treatments as directed by your provider.

PLEASE LET YOUR PROVIDER KNOW:

- If you have ever used or are currently using Accutane (Isotretinoin).
- If you have a history of reaction to numbing cream.

WHAT TO EXPECT DURING TREATMENT?

- Unless otherwise indicated by your provider, we anticipate you will be in the office for approx. 1.5 hours.
- Your appointment will include a period of numbing time. You may want to bring entertainment or work materials. Our office has free wireless internet available.

WHAT TO EXPECT POST TREATMENT

- Erythema (redness) should be expected immediately after the treatment/
- Edema (swelling), purpura (darkening of the skin), bullae (blistering) or crusts can be expected to last 7-15 days, depending on the aggressiveness of the treatment. Your provider will work with you to manage comfort and healing.



HOW TO CARE FOR SKIN AFTER TREATMENT

- Wear loose fitting clothing for a few days to avoid friction in the treated area.
- Each morning and evening, apply either [Alastin Regenerating Skin Nectar](#) OR [Plated Calm \(Blue\)](#) to the treated area. These specific products are recommended as they are the most effective for healing and collagen synthesis after your treatment.
- Sun protection including SPF 30+ recommended for at least 2 weeks after treatment. To maintain your results, smart sun protective measures should continue indefinitely.

RESULTS

Complete results take place gradually, over a time period of 2-3 months with continued improvement for up to six months. Most patients will find that a series of treatments will yield the most transformative results.

Your provider will work with you to design your optimal treatment plan as well as assess results in the months following your service(s).

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.