



## BAY AREA COSMETIC DERMATOLOGY

tel (415) 292-6350 | fax (415) 440-6356 | weloveskin.com

---

### PRE & POST CARE FOR FOTONA 4D [ FOUR DIMENSIONS OF FACIAL REJUVENATION ]

#### WHAT IS FOTONA 4D ?

During a single Fotona 4D treatment we will use four different technologies to help create an overall facial rejuvenation.

##### **Step 1: SmoothLiftin**

Fotona4D starts inside the mouth, where laser energy is used to immediately kick start the tightening process around the jawline and perioral region. This step will also reduce expression lines like the nasolabial folds and wrinkles.

##### **Step 2: FRAC3**

Frac3 produces a non-ablative rejuvenation of skin tone and texture with tightening as a complement to Step 1.

##### **Step 3: PIANO**

In step three, a brushing technique is used to safely and rapidly apply heating to create an overall tightening effect, resulting in more firm and lifted skin.

##### **Step 4: SupErficial**

Lastly, a light laser peel is done to improve the appearance of the skin and address surface-level imperfections. Most will immediately notice that their skin looks refreshed and tighter.

#### 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.
- **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, tretinoins, 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.
- **DAY OF TREATMENT:** If possible, please come to your appointment without makeup. We also provide cleanser during the prep time of your service.
- As we will be treating the inside of your mouth during Step 1 (described above), you may wish to arrive at your appointment with freshly brushed teeth.
- If hair is present in the area being treated (beards, etc.), please come to your appointment fully shaved. We will not be able to treat if hair is present.

CONTINUED ON NEXT PAGE



## PLEASE LET YOUR PROVIDER KNOW:

- If you have a history of cold sores or herpes simplex as treatment may provoke an outbreak and we can pretreat with an oral RX at the time of appointment.
- 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 approximately 2 hours.
- We will be treating the inside of your mouth.

## WHAT TO EXPECT POST TREATMENT

- Erythema (redness) and mild skin sensitivity should be expected immediately after the session dissipating over 24 hours, followed by a possible superficial feeling over the next 48- 72 hours. An absence of peeling does not indicate unresponsiveness to the treatment.
- Immediately after the treatment, freshness and tightness of the treated skin is to be expected.

## HOW TO CARE FOR SKIN AFTER TREATMENT

- Wait 24 hours to apply makeup.
- You may wash your face as normal the evening after the treatment.
- 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+, and a hat when in direct sun are recommended for at least 7 days after treatment. To maintain your results, smart sun protective measures should continue indefinitely.
- You may resume application of your medicated and/or active products as soon as skin feels normal to the touch, typically 2-3 days after treatment.
- Avoid vinegar, citrus and spicy foods for 3 days after treatment. If you develop a mouth blister, please contact us.

## RESULTS

We expect complete results to 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 Fotona 4D 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.