



BAY AREA COSMETIC DERMATOLOGY


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PRE & POST CARE FOR FOTONA LASER PEEL

WHAT IS A FOTONA LASER PEEL?

A Fotona Laser Peel is a non-invasive skin resurfacing treatment that gently removes the outermost layer of skin to improve texture, tone, and clarity. It stimulates new collagen production while addressing fine lines, uneven pigmentation, large pores, acne scars, and surface-level imperfections. Depending on the depth of the peel, downtime may range from mild redness and flaking (light peel) to several days of peeling and recovery (deeper peel).

HOW TO PREPARE FOR TREATMENT

- **2 WEEKS PRIOR TO TREATMENT:** Avoid tanning beds and over exposure to sun. We are unable to treat you with a sunburn.
- **2 DAYS PRIOR TO TREATMENT:**
 -  **IMPORTANT: Starting two days before your appointment, ensure you are well-hydrated to maximize treatment results and make the treatment much more comfortable.**
 - 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.
- **DAY OF TREATMENT:** If possible, please come to your appointment without makeup. We also provide cleanser during the prep time of your service.
- 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 areas where hair is present.

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?

- Treatment time is typically 20-30 minutes, depending on the depth and size of the area being treated.
- You may feel a warm, prickling, or sunburn-like sensation as the laser works on the skin.
- Cooling measures may be used to keep you comfortable.

WHAT TO EXPECT POST TREATMENT

- Erythema (redness), feelings of heat and tightness of skin, and mild skin sensitivity should be expected immediately after the session dissipating over 24 hours, followed by a possible superficial peeling 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.
- Application of topical products may intensify feelings of heat on the skin but this is normal and should not sting or hurt.

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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 3-5 days after treatment.

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 Laser Peel 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.