



BAY AREA COSMETIC DERMATOLOGY

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DEEP

PRE & POST CARE FOR FOTONA DEEP

WHAT IS FOTONA DEEP TREATMENT?

Fotona Deep is a resurfacing laser used to reduce age spots, soften wrinkles, and improve overall skin complexion. As the name indicates, Fotona DEEP penetrates the deeper layers of the dermis, stimulating new collagen and elastin production, and revealing a rejuvenated appearance. Although these treatments require downtime and adherence to a comprehensive post care regimen, our patients find the beautiful skin they're able to achieve worth the effort. **Please review this document in its entirety before treatment and reach out to your provider with any questions.**

HOW TO PREPARE FOR TREATMENT

- Stop all Retinoid (Tretinoin, Retinol, Isotretinoin) products 5 days prior to procedure. Continue all other skincare as directed.
- Do not schedule hair treatments within 10 days post treatment (hair dye, relaxers, perms or any chemical procedure).
- Coordinate a ride home after treatment. Due to pain medications given at the appointment, you will not be able to drive.

SKIN MAINTENANCE PRODUCTS [All available for purchase on day of appointment]

The following products have been selected by our providers as the most gentle and effective for healing and collagen synthesis after treatment:

- [Obagi Gentle Cleanser](#)
- [SkinMedica Scar Recovery Gel](#)
- [Neocutis BioCream](#)
- [Neocutis Lumiere Eye Cream](#)
- [Isdin Photo Eryfotona \(SPF 50\)](#)
- [SkinFix Ointment](#) (complimentary)
- [Alastin Regenerating Skin Nectar](#)
- [BACD Antibacterial Wound Ointment](#)
- Acyclovir Tablets
- Cephalexin Capsules

The following post-care items will be supplied at your appointment: SkinFix Ointment, sterile gauze, surgical masks, Vicodin and/or Valium (for pain relief).

OPTIONAL PRODUCTS [May be used starting on Day 4 after treatment]

- Colorescience [Flex](#): provides SPF 50 and extra coverage for skin redness.
- Colorescience [Sunforgettable Brush](#): a convenient way to reapply sunscreen (SPF 50) every two hours to protect the new layers of skin.
- [Oxygenetix](#) Foundation: available in three shades, this breathable product provides complete coverage of redness and disguises flakiness.

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HOW TO PREPARE FOR TREATMENT (cont.)

DAY OF TREATMENT

- To prevent infection, begin the following medications the day of appointment and continue for 7 days:
 - Take Acyclovir and Cephalexin tablets by mouth twice daily.
 - Using a Q-tip, apply BACD Antibacterial Ointment (Mupirocin) to the inside of each nostril twice daily.
- Eat a full meal prior to the procedure and plan to be in the office for at least three hours.
- Wear a soft bra and shirt that does not dig into skin if doing neck or chest treatment.
- Purchase the recommended products for post care. Due to in-office pain medications taken the day of the procedure, you will check out *prior* to the procedure and will be expected to have coordinated a ride home.

WHAT TO EXPECT

POST TREATMENT

- The normal response to a Deep Fotona is swelling, which is temporary. Your skin should be fully healed 8-10 days after treatment but may appear slightly pink for up to 4-6 weeks.
- If your eyelids are heavily treated, it is possible to have blue-colored swelling or bruising around the eye.
- Keep head elevated above chest at all times, especially while sleeping, to help reduce swelling and pain.
- Do not shave your face until Day 5 post treatment.
- If the neck or chest is treated, wear only soft bras and shirts and be mindful of seatbelts, purse straps and other items that may rub against your skin for 7 days after treatment.
- It is imperative to practice good post care and wound maintenance by following the skincare regimen on the following page.

MANAGING DISCOMFORT

- For itchiness, you can take Claritin 10mg during the day, Benadryl 25mg –50mg at night.
- For intense itchiness, in addition to oral medications, use a vinegar cool compress 3-4x/ day:
 1. Mix 3 tablespoons of white vinegar in 16 oz of chilled tap water.
 2. Soak a clean washcloth and apply to treatment areas for 5-10 minutes.
 3. Rinse skin off gently with tap water. Gently pat skin dry and reapply a thick layer of SkinFix.
- For general discomfort: Tylenol 500 mg every 4 to 6 hours (as needed).
- As approved by your doctor, DO NOT take aspirin, ibuprofen, naproxen, or any medication that thin the blood as these can cause or increase bruising.
- There should be STRICT sun avoidance for the first three days after the procedure.
- DO NOT apply sunscreen due to the open nature of the skin during this time.

POTENTIAL COMPLICATIONS

If you experience any of the following symptoms, immediately call [415.292.6350](tel:415.292.6350). If you are calling after hours you will be provided with your provider's cell phone number.

- Excessive swelling, sudden increase in pain or heat in the treated area, excessive and/or odorous drainage, fever, acne breakouts.

SEE NEXT PAGE FOR HOW TO CARE FOR YOUR SKIN AFTER TREATMENT.

HOW TO CARE FOR SKIN AFTER TREATMENT



DAYS 1-3 Day 1 is the first day *after* your treatment.

Practice strict sun avoidance for the first 3 days but do NOT apply SPF.

Avoid scratching, picking, or scrubbing the treated areas.

It is very important to maintain a clean, moist environment for your skin throughout the day.

MORNING: Remove Dressing & Cleanse		EVENING: Apply Products & New Dressing	
1.	Soak fresh sterile gauze with tap water and apply the moistened gauze over the old dressing.	1.	Apply a layer of Skin Nectar.
2.	Allow water to soak into the old dressing for 10 min. before gently removing all gauze from the skin. This method prevents any gauze from sticking to treated skin.	2.	Apply a thick layer of SkinFix.
3.	After the dressing is removed, gently cleanse skin by moistening fresh sterile gauze with tap water. Use gentle circular motions to remove ointment and/or any bronzed skin debris.	3.	Apply new sterile gauze dressing as directed during your appointment.
4.	Apply a thick layer of SkinFix.	4.	Apply BACD Antibacterial Ointment to the inside of each nostril.
5.	Apply BACD Antibacterial Ointment to the inside of each nostril.		

DAYS 4 – 8

Starting on Day 4, you are welcome to schedule a complimentary LED treatment to stimulate collagen and expedite recovery time. Please call the office at least 2 hours before you wish to come in to reserve an appointment.

MORNING: Remove Dressing & Cleanse		EVENING: Apply Products & New Dressing	
1.	Cleanse face with Obagi Gentle Cleanser	1.	Cleanse face with Obagi Gentle Cleanser
2.	Apply SkinMedica Scar Recovery Gel to the orbital (eye) area and let soak in for 1-2 minutes.	2.	Apply SkinMedica Scar Recovery Gel to the orbital (eye) area and let soak in for 1-2 minutes.
3.	Apply Neocutis Lumiere Eye Cream to eye area.	3.	Apply Neocutis Lumiere Eye Cream to eye area.
4.	Apply Neocutis BioCream to full face.	4.	Apply Neocutis BioCream at night to full face.
5.	Apply Isdin SPF to full face.	5.	Finish with a thin layer of SkinFix Ointment.
6.	Finish with a thin layer of SkinFix Ointment.		

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DAYS 9 AND BEYOND

By this point, the treated skin should be healed. Some itchiness and dryness can still occur and will gradually clear. You may also appear slightly pink for 4-6 weeks.

- Protecting your new skin from the sun is vital!
 - Continue to use Bio Cream and Isdin SPF on a daily basis. It is important to reapply every 2 hours, especially if outdoors.
 - Wear a wide-brimmed hat outdoors. We have different styles of hats from San Diego Hat Company if you are interested in purchasing from our office.
 - Avoid direct sun exposure, especially 10AM-2PM when the sun's rays are most intense.
- Any topical Retinoids or glycolic products should be avoided for 2-3 weeks after treatment or as advised by your provider.

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.