



BAY AREA COSMETIC DERMATOLOGY

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

PRE & POST CARE FOR FOTONA MICRO LASER CORING [F-RUNNER RESURFACING]

WHAT IS FOTONA MICRO LASER CORING?

Fotona Micro Laser Coring (F-Runner Resurfacing) is a skin resurfacing treatment similar to fractional CO₂ laser resurfacing. With the F-Runner, microscopic cores of skin are removed through precise laser vaporization. This approach provides results comparable to fractional CO₂ resurfacing, but with less downtime and a more comfortable recovery.

Please review this document in its entirety before treatment and reach out to your provider with any questions.

TREATMENT LEVELS

Micro Laser Coring can be customized to each patient's needs and goals, with treatment levels ranging from light, medium, deep, to very deep depending on the degree of skin rejuvenation desired. The depth and intensity of your treatment is selected based on factors such as your skin condition, downtime tolerance, and treatment goals. Your provider will recommend the treatment level that achieves the best balance of results and recovery time for you.

IS MICROCORING RIGHT FOR ME?

Micro Laser Coring is often a good fit for patients who want meaningful skin resurfacing with limited downtime, including those with crepey skin. As with any resurfacing treatment, there is a risk of bruising. Benefits may include improvement in:

- Fine lines and wrinkles
- Sun damage
- Skin texture and tone
- Acne scars and other scarring
- Overall skin rejuvenation and tightening

HOW TO PREPARE FOR TREATMENT

Prep skin by using growth factors (like Skinmedica TNS), peptides (Alastin Nectar), and/or exosomes (Plated Gold). Your provider can give you specific recommendations for your unique case.

Stop any Retinoid (Tretinoin, Retinol, Isotretinoin) products 5 days prior to procedure. Continue all other skincare as directed.

Please let your provider know if you have a history of cold sores or herpes simplex in the area to be treated as treatment may provoke an outbreak. We can pretreat with an oral RX at the time of appointment.

Pain and/or relaxant medication is not typically needed for these treatments, however if you elect to take any, please coordinate a ride home after treatment as you will not be able to drive.

WHAT TO EXPECT

POST TREATMENT

- Pinpoint bleeding is a normal response and typically lasts about 24 hours.
- Makeup can generally be worn again after 24–48 hours, depending on the depth of your treatment.
- Mild redness, swelling, or sensitivity in the treated area is expected and should improve over the days following treatment. Downtime average 5-7 days of pink, dry, flakey skin.

POTENTIAL COMPLICATIONS

If you experience any of the following symptoms, immediately call **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, or acne breakouts.



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HOW TO CARE FOR YOUR SKIN AFTER TREATMENT

Continue using growth factor and peptide topical products. Please ask your provider for specific instructions for your specific case.

PROTECTING YOUR SKIN LONG-TERM

- Protecting your new skin from the sun is vital. Once cleared by your provider, apply a broad-spectrum SPF daily and reapply every 2 hours when outdoors.
 - Wear a wide-brimmed hat outdoors when possible.
 - Avoid direct sun exposure, especially between 10 AM–2 PM when the sun's rays are most intense.
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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 at 415-292-6350.