

Redwood Family Dermatology

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ResurFX Patient Information Sheet

What is ResurFX and How Does it Work

ResurFX is the latest in non-ablative, fractional laser technology to improve skin texture, acne scars, wrinkles and more. Non-ablative means it does not destroy or ablate all of the skin cells, while fractional means it is only affecting a fraction or percentage of the skin. The benefit of the ResurFX is that it is able to get great results with minimal recovery time unlike the CO2 ablative lasers. The optimum benefits of ResurFX are obtained with several treatments depending on the condition and desired results.

What to Expect During the Treatment Process

The device has a moderate level of discomfort during the treatment. Topical anesthetic is used to decrease the level of discomfort. This will be applied during your numbing appointment which is scheduled 60min prior to your procedure. You may also take Tylenol 60min prior to your treatment. (NSAIDs such as Advil, Aleve or Ibuprofen are not recommended as they can increase the amount of bruising/bleeding during treatment). Some people describe the treatment as feeling like a “light tattoo” or like “small hot needles”. The treatment takes approximately 30 min and is generally well tolerated by most patients. Immediately after the treatment your skin will be bright red and feel like sunburn. You will see mild swelling, and waffle markings from the laser, this will diminish greatly within 2-24 hours, but residual redness can last up to 14 days for some. Mild to mod swelling may increase on day 1-2 and can last up to 10 days. Your skin will feel dry and sensitive and you may have some flaking during the first 1-2 weeks. Following a gentle skin care routine and all post procedure instructions will allow for optimal healing and improvements noted to your skin in approximately 2 weeks after your first treatment. However, collagen building takes 90 days, so full results will not be seen until then. Please follow all Pre-Treatment Instructions prior to appt.

Side Effects/Precautions to be Aware of:

Redness, Mild Swelling, Mild Burning: This is an expected reaction to the procedure and will self-resolve. This will last a few hours and up to 14 days. Applying a cold compress, use of NSAIDs or Tylenol, and increased use of moisturizers will be reviewed by your provider to assist with healing and discomfort.

Pigment changes: This is an unwanted change in the skin color, darkening or lightening. This is a side effect that generally occurs if sun protection guidelines are not followed. If this occurs please contact your provider.

Acne Flare/Milia: Milia are small white bumps that look like a pimple, this can occur as the skin is healing. Acne flare ups can occur related to the inflammation and healing process. If symptoms persist or worsen call your provider.

Medications: It is important to inform your healthcare provider of all medications and supplements you take. Some medications may cause the skin to be more sensitive to the treatment.

Herpes Simplex Virus/Cold Sores: please notify your provider if you have a history of this. You may need to be treated with an oral antiviral medication prior to treatment. If you have an open sore, your treatment will need to be rescheduled.

Past Medical History: Please be sure to inform your healthcare provider of all medical history.

ResurFx Pre/Post Care Instructions

Pre-Procedure Instructions:

- 1. 4-6 weeks prior to procedure**
 1. Discontinue all tanning and self-tanning products.
- 2. 2-3 days prior to procedure**
 1. Discontinue any products that cause irritation to the skin (ie. retinols, toners, anti-aging products with alpha hydroxy products, glycolic or lactic acids)
 2. If you have had any change to medications, ie. antibiotics for illness, call your provider to ensure treatment may be completed as planned.
- 3. 1 day prior to procedure**
 1. Shave treatment area if needed. (Beard/Facial hair should be clean cut)
 2. If an anti-viral is recommended by the provider, you will take the medication 1 day prior to treatment as directed. (for patients with a history of cold sores)
- 4. Day of Procedure:**
 1. Tylenol or Ibuprofen may be taken 1 hour prior to treatment for pain/swelling.
 2. Arrive to appointment with the area ready to be treated, no makeup; skin should be completely clean and shaved. (Sunscreen/light moisturizer is ok to apply morning of treatment)

Post Procedure Instructions:

- 1. Immediately after Procedure:**
 1. Skin will be bright red and feel like moderate sunburn. Cold Compresses applied for 10min every 2-4 hours, and Calming creams (Arnica, Biafine) will help reduce discomfort and swelling.
 2. Tylenol, NSAIDs (Aleve, Ibuprofen, or Advil), or topical OTC hydrocortisone may be used for swelling, and discomfort if desired.
 3. Sleeping with your head slightly elevated can help reduce morning swelling
 4. Makeup may be applied 24 hours after treatment if desired.
 5. Strict Sun Protection must be followed for a min of 3 weeks post procedure. Skin will be sensitive to sunlight, causing discomfort and may cause unwanted pigment changes to skin. A Broad Spectrum 30 SPF or higher needs to be applied every morning and reapplied every 2 hours if outdoors. Hats and additional clothing to be worn for all outdoor activities.
 6. Avoid vigorous exercise, excessive sweating, hot tubs and saunas until initial irritation/redness has resolved.
- 2. Day 2-Day 14 after Procedure:**
 - a. Skin will feel dry, tight, and may have some peeling. Apply post procedure products as directed. Add additional moisturizer as needed. All will self-resolve around 10-14 days post procedure.
 - b. If Milia or small pimples develop, they generally resolve on their own or with mild gentle exfoliation in the shower, if persistent or Acne flare occurs call your provider.
 - c. Resume regular skin care regimens once skin is completely healed or as directed by your provider.
 - d. **Call your provider if any side effects occur; blistering, pigment changes, cold sore breakouts or any other concerns. Office hours Mon-Fri 8am-5pm; after hours on call provider is available 7days/week. (707)545-4537**