

Non-Ablative Fractional Pre & Post Care Instructions w/FAQ's

What is this treatment about?

The wavelength generated by the laser produces columns of heat deep into the skin. The heat signals the body to send blood and water to rebuild the collagen from the inside out.

How to Prepare:

Stay out of the sun as much as possible and stop using tanning beds and sunless tanning products 2 weeks before your Icon treatment.

Discontinue the use of any retinol-type products, as well as any other Glycolic Acids and Alpha-hydroxy acid-based products 1 week prior to your treatment. Check your home products for any of these ingredients.

Wait at least 2 weeks after Botox and 1 month after fillers before having a non-ablative fractional laser treatment. Laser treatments will not affect your Botox or fillers after that time.

During the Treatment

A topical numbing will be applied to the treatment site 45 minutes before the procedure. You will feel the laser energy penetrating deep into the skin so expect some discomfort, but the laser works very fast.

After Care

- You will experience redness, swelling and dryness after the procedure. This is your body's reaction to the treatment and will subside after several hours to the next day; there is no way for us to tell how each client will react and will be based on how many passes are made.
- Some people may experience slight soreness deep in their skin the next day. This is common, and you may use over the counter oral pain relief.
- We recommend looking for a good skin care line (such as Elta MD) to begin after that initial week. Ask your CLS for advice.
- An average client completely heals in one day.
- You will have increased sun sensitivity for 1 week post procedure, so sunscreen is the most important part of your daily skin regimen. We recommend Elta MD, Skin Blends or Jane Iredale sunscreen.
- Your skin has been rejuvenated from the inside out, it may take 1 month after the procedure for results to be seen. A series of 3 treatments is recommended, 1 month apart and maintained yearly.

Frequently Asked Questions - Non-Ablative Fractional

Q. I am red and swollen.

A. The swelling is your body's reaction to the laser which is desired and expected. Your body is sending blood and water to rebuild collagen in your face to heal it from the inside out. This reaction should only last a day.

Q. Am I supposed to feel dry?

A. Yes, the laser has evaporated the water in your skin. Dryness will depend on your skin type. We want your body to send blood and water to your face, so **do not use moisturizers for the first day.**

Q. Am I supposed to peel?

A. This treatment will not trigger much peeling, but skin might feel rough, it all depends on how much dead skin you have been exfoliating before your treatment, or if you have had laser treatments before.

Q. Can I use pain management?

A. Yes, if necessary, use your choice of over-the-counter pain medications.

Q. When can I expect to see results?

A. Remember, your skin is being rejuvenated from the inside out. It may take 1 month to allow your skin to totally replace all the cells to see full results.

Q. How many treatments will I need?

A. Non-ablative treatments are more effective if performed in a series of sessions. We have found that an effective series involves 3 treatments spaced 4 weeks apart. Acne scarring may require more treatments.

Q. How often can I do these procedures?

A. These non-ablative treatments can be done monthly.

Q. What other areas can be done with the Icon?

A. Virtually all parts of the body can be treated for surgical scars, acne scars, stretch marks and areas in need general skin tightening.