

# FRACTIONAL PEELS

## DYNAMIS

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### PRE-TREATMENT INSTRUCTIONS

2 Weeks Prior

- Avoid sun-exposure, tanning beds, or sunlamps. Patients are unable to be treated with a tan or a sunburn in the face.
- Avoid perfumes, deodorants, waxing, chemical peels or collagen injections in the treatment area.

3 Days Prior

- Discontinue the use of Aspirin. This can increase the risk of bleeding.
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### POST-TREATMENT INSTRUCTIONS

General

- Apply a re-epithelizing cream as often as needed to improve the healing process. Cream recommendations to select from are:
  - Bariederm Cicacream (Uriage)
  - Cicaplast (La Roche Posay)
  - Cicalfate (Avenne)
  - Aquaphor (Eucerin)
- Apply broad spectrum sunscreen, 3 times a day (7 am, 12 pm and 2 pm).

Immediately After

- If history of HSV, take 1 gr. of Valtrex, and continue once a day for 3 more days.

After 3-5 Days

- Can apply make-up.

For 5-7 Days

- Patients with darker skin, use topical soft steroid to improve the healing process and avoid PIH, twice a day for 5 to 7 days.
  - Prednicarbate cream 0.25%
  - Methylprednisolone Aceponate cream 0.01%

After 7 Days

- Can resume topical treatments and skin care dermo-cosmetic products.

For 7-15 Days

- Strict avoidance of sunlight.
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### HEALING AND RESULTS

- Edema, erythema and small scabs should be expected to last 7-15 days, depending on aggressiveness of the treatment.