

This document is designed to provide information about [Non-ablative Fractional Laser Skin Resurfacing](#), its benefits, potential risks, and alternative procedures. It is important that you read this information carefully and have all of your questions answered before signing the consent form.

All Skin Types | All Year Around | Quick & Comfortable Procedure | Immediately Visible & Long-Lasting Results | Minimal Downtime

**The Technology:** FDA-approved **LaseMD Ultra™** by LUTRONIC is considered the “next-generation” in **non-ablative fractionated skin resurfacing and rejuvenation**. The LaseMD Ultra™ features a 1927 nm *Thulium* laser, which is safe for all skin types & tones, highly customizable for each patient’s needs, extremely cost-effective, and can be performed all year around. With treatments ranging from mild to aggressive, the LaseMD Ultra™ is quickly becoming very popular with patients who want immediate visible results minus the recovery time.

**The Procedure:** This gentle but effective laser procedure uses a patented fractional technology creating microscopic laser columns that penetrate deep into the skin. The laser treats only a fraction of tissue at a time in a pixelated pattern, leaving the surrounding tissue untouched to promote rapid healing. The controlled damage created by the laser stimulates your body’s own natural healing process, replacing the old and damaged skin with fresh, rejuvenated, healthy skin. Immediately after the procedure, the skin acts as a sponge for serums containing growth factors, nano-peptides, vitamins, antioxidants, and/or pigment reducers. Results are both immediate and progressive. Individual results may vary and are difficult to predict. A series of treatments is highly recommended to encourage optimal results and maintenance sessions may be required in the future even if excellent results have been achieved.

**Indications:** Fine lines and wrinkles, Melasma, sun damage, age spots, freckles, uneven or inconsistent texture, acne or surgical scarring, stretch marks, Actinic Keratosis (precancerous lesions), and hair & scalp revitalization (Keralase™ Treatment).

**Recommended Course of Treatment:** 3 treatments every 2-6 weeks (scars and stretch marks require more treatments). Maintenance treatments can be discussed as desired. Combination therapy with Lutronic GENIUS® (*TotalSkin Solution™*) is highly recommended.

**Contraindications** include, but are not limited to the following:

- Pregnancy or breastfeeding
- Accutane (*isotretinoin*) in the last 6 months
- Retin A topical or other skin irritating products
- Blood thinning medications within the last week
- History of keloid scarring or abnormal wound healing
- Skin cancer or suspicious lesions
- Allergies to topical anesthetics
- Sunburn (natural sunlight, tanning), extreme sensitivity, rosacea
- Poorly controlled medical conditions (i.e. diabetes, vascular)
- Impaired immune system and/or use of immunosuppressive medications
- Active infection, cold sores (Herpes Simplex), psoriasis, eczema and dermatitis
- Tattoos and/or permanent makeup
- Impaired judgment, psychological conditions, and substance or alcohol abuse
- **Patients with unrealistic expectations**

**Risks & Possible Side Effects** include, but are not limited to the following:

- Patient failure to follow pre / post-care instructions concerning appropriate activity, product use, and sun protection.
- Redness, tenderness, or mild “sunburn” like sensation may last hours up to 3-4 days or longer depending on treatment settings.
- Activation of individual sensitivities may include but are not limited to Herpes Simplex, cold sores, or acne flare-up.
- Other less common side effects may include prolonged irritation, itching, histamine reaction, bruising, redness, and swelling.
- Pigment changes (light or dark spots on the skin) lasting 1-6 months or longer may occur.
- Superficial burns, blistering, scarring, or skin infection, while rare, are possible when the skin’s surface is disrupted.
- Eye Injury. Protective eyewear should be worn at all times during the procedure to protect your eyes from accidental laser exposure.

Although the majority of patients do not experience any side effects and/or complications, you should discuss each of the above with your practitioner to make sure you understand the limitations, risks, and potential complications of this elective aesthetic procedure.

**Alternative Procedures:** LaseMD Ultra™ is an elective aesthetic procedure, which is not medically necessary or required.



**Pre / Post Care Instructions:** Compliance with the recommended pre / post-care instructions as well as recommended follow-up visits by your practitioner are crucial for the success of your treatment and to prevent unnecessary side effects or complications. **It is your responsibility to inform your practitioner of any changes in medical history, medications, and most recent sun exposure before each treatment is performed.**

### **Before Your Treatment**

- You may not be pregnant or lactating.
- Patients who have used Accutane or similar products within the last 6 months CANNOT be treated.
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids) 3 days prior.
- Avoid taking any blood-thinning agents for 3-7 days prior unless otherwise prescribed by your physician.
- Avoid unprotected sun exposure, or tanning for at least 2 weeks prior.
- Avoid other aesthetic procedures and cosmetic injections in the area(s) to be treated for 2 weeks before and after.
- If you are prone to cold sores, it is recommended to take antiviral medication for up to 7 days before and after.
- Stay hydrated by drinking 8+ glasses of water daily to improve results & healing time.
- The ideal time to schedule this procedure is 1-2 weeks before a big event (depending on treatment aggression).

### **Day of Treatment**

- Taking a Non-steroidal anti-inflammatory drug (**NSAID** i.e. Motrin) 1 hour before may reduce the level of discomfort and inflammation.
- Arrive with clean skin free of any lotion, oil, makeup, powder, or sunscreen.
- Notify your practitioner of any changes in your medication, health status, or personal activities that may be relevant.
- Topical numbing cream may be administered to maximize your comfort during the procedure.

### **After Your Treatment**

#### **What to expect:**

- Patients will experience mild to moderate erythema (redness), edema (swelling), or a warm stinging / sunburn-like sensation for several hours to days post-treatment. However, for more aggressive treatments, these symptoms may last longer.
- Other possible skin reactions include irritation, itching, and general sensitivity, which may last for 3 or more days.
- Keep the treated area clean & change your pillowcase daily or lay on a clean towel each night.
- Commonly patients experience a day of dryness and the area will feel a bit like sandpaper to the touch. **DO NOT** pick, excessively rub, scratch, or scrub the treatment area.
- It is imperative to allow natural healing to minimize post-treatment complications. Treat the skin gently as if you have a sunburn. **DO NOT** disrupt flaking skin or crusts as these will fall away naturally within 3-7 days (longer for aggressive treatments).
- Results are both immediate and progressive. Multiple treatments may be required to achieve individually desired results.

#### **24 Hour Care:**

- **DO NOT** wear makeup for at least 24 hours (48 hours for aggressive treatments).
- Avoid all strenuous activity for a minimum of 24 hours as sweating increases infection risk.
- **DO NOT USE ICE** on the treatment area. You may apply a cold compress to provide relief & soothe the treated area. Make sure to enclose the compress in dry gauze or a paper towel.

#### **General Care:**

- Keep the area clean & hydrated by using mild soap & lukewarm water to cleanse the skin and apply moisturizer.
- Care should be taken to prevent trauma to the treated area specifically for the first few days after your procedure.
- You may take Tylenol for post-treatment discomfort or Benadryl / Zyrtec if you experience excessive itching (histamine reaction). Topical application of hydrocortisone is also recommended.
- Products such as hydrating masks, serums, and moisturizers may be applied to soothe & calm skin as needed.
- Avoid all direct & indirect sun exposure.
- Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection. Use an umbrella, hat, or any other available protection against sunlight when outdoors.
- Do not have any other treatments for at least 1 - 2 weeks after your treatment or until the skin has completely healed.
- Your practitioner will make individual recommendations on when to resume normal skincare (typically after 7 days).

**If you experience any side effects, such as prolonged redness or swelling, histamine reaction, blisters, burns, or signs of infection please contact your practitioner immediately for proper assessment and further care instructions.**