Fractora fractional radiofrequency resurfacing is the latest technology used for skin rejuvenation and treats wrinkles, uneven skin tone, fine telangiectasia (spider vessels), scars and general skin laxity (sagging). Fractora can be used on the face, neck, chest, hands and body. Fractora resurfacing is a radiofrequency treatment that combines the technology of fractional resurfacing using radiofrequency (RF) as the energy source. The RF energy is delivered through pins that fractionally ablate (remove) the skin while leaving islands of intact skin surrounding the ablated areas. The RF heat is delivered deep into the tissues to stimulate collagen and elastin causing skin tightening and smoothing while the RF ablation helps to further smooth fine lines, wrinkles and scars. Treatments at lower fluences (energy settings) have less down time and need to be done more often while treatments at higher fluences have longer downtime but require fewer treatments to achieve results.

Fractora fractional radiofrequency resurfacing can treat:

- Fine lines and wrinkles of the face, neck and chest
- Large pores
- Loose eyelid skin
- Brown spots and uneven skin tone
- Scars, especially acne or chicken pox scars, surgical or traumatic scars
- Loose skin on the face, neck and chest
- Stretch marks
- Small telangiectasia (spider vessels)

Fractora results continue to develop for 3 to 6 months after treatments are completed. Pigmentation and tone, wrinkle and some other textural issues may dramatically improve after a single treatment. Acne, chicken pox, traumatic or surgical scarring, require more than a single treatment. Skin issues such as spider vessels, lines and wrinkles can recur over time. Although great results are expected, with the focus on improvement rather than perfection, every person is unique and it is impossible to guarantee the extent of improvement.

Fractora RF resurfacing treatments are categorized into light, moderate and deep treatments. Light treatments use a lower fluence (energy setting) and may be done every 2-4wks for 6 to 8 treatments or more. Down time is 1 to 2 days and there is less discomfort and less aftercare. Moderate treatments use a higher fluence with downtime around 3-4 days and can be done every 2-6wks for 4 to 6 treatments or more. Deep treatments use higher fluences and may only require 1 to 3 treatments and can be repeated as early as 6wks (up to 6 months) after treatment. Down time associated with deep treatments is usually 5 to 7 days but can be longer. Mild treatments are good for general improvement in skin tone, smoothing of fine wrinkles and some early skin laxity. Moderate treatments are indicated if you have uneven skin tone, wrinkles that are more than fine, skin tone loss and fine spider vessels. Deep treatments are indicated if you have uneven skin tone, moderate to deep wrinkles and/or skin laxity.

Fractora RF resurfacing can cause discomfort particularly with the moderate and deep treatments. Discomfort is minimized by applying a numbing cream 1 to 2 hours before the procedure and/or local anesthetic injections may be
used. Various medications may be prescribed to help with discomfort and anxiety before the treatment or to help with healing after the treatment for moderate to deep treatments. Antibiotic, antifungal and antiviral pills may be prescribed for deeper treatments and/or if you are prone to skin infections and cold sores. Not everyone will require pre-treatment medication.

Other options for wrinkle treatment include laser resurfacing, Botox™ and filler procedures. For skin tone, pigmentation and spider vessel issues, photorejuvenation (IPL) light-based treatments or KTP laser treatments may be used. Photodynamic therapy is another option for improvement in skin tone and textures. Medical-grade skin care will compliment any treatment done at U Cosmetic. There may also be surgical options. Fractora resurfacing is an elective procedure and as such not having the procedure is also an option.

In preparation for a Fractora RF Resurfacing procedure you should avoid having tanned skin by avoiding sun exposure and using and a medical grade sunscreen and mineral make up (such as Jane Iredale or Colorescience). Any retin A or retin A-like products should be stopped for at least 1 to 2 weeks prior to the treatment. If you have any skin conditions that are active, the treatment should be postponed until the issues are resolved. Expected effects of Light Fractora treatments include redness, burning sensation, tightness, flaking of skin and possibly slight bleeding or oozing. Moderate and Deep Fractora treatments will have the above side effects to a more intense degree. These effects should resolve over 1 to 3 days for a light treatment, 2 to 5 days for a moderate treatment and up to 5 to 10 days for a deep treatment. A slight redness or pink glow may persist for 1 to 2 months or more. In some cases the grid pattern of the RF treatment head may persist for weeks to months and rarely indefinitely. There is treatment if this occurs. Infrequently, blistering, infection, bruising or discoloration (hyperpigmentation may be temporary or permanent) may occur. Rarely, burns, scarring and permanent discoloration (hypopigmentation more than hyperpigmentation) can occur. The neck, chest and other non-face areas may take longer to heal and may be more at risk for side effects. Fractora treatments can trigger cold sore outbreaks or other disorders triggered by heat so if you are prone to cold sores or other disorders please inform the doctor and preventative medication will be prescribed.

Smoking (including second hand smoke) can cause poor or delayed tissue healing and an increased risk of infection and other complications.

Fractora treatments can not/should not be done if you are pregnant or breastfeeding, are under 18 years of age, have active skin infection or a tattoo at the site, have a pacemaker or internal defibrillator, have been on isotretinoin (Accutane) or Gold therapy within the last 6 to 12 months, have ectropion (an out-turning of the eyelids) or treatment for the eyelid area should be done with caution or not at all, have active cancer, especially skin cancer, have an unstable medical condition with your heart, uncontrolled seizures, uncontrolled blood pressure, liver or kidney disease, impaired immune system (such as with HIV/AIDS or use of immunosuppressive drugs) or any condition that might impair skin healing, have a poorly controlled endocrine condition such as diabetes or thyroid dysfunction that is not stable, have a history of skin disorders such as keloid scarring or abnormal wound healing, have had any surgical/invasive/ablative procedure in the treatment area in the last 3 months or before complete healing, have had any superficial filler injections (eg for upper lip or around the eye fine lines) in the last 4 months or Botox™ within the last week.

There are certain conditions/situations that may make side effects more pronounced. Blood thinners such as aspirin, plavix, Coumadin, green tea and possibly other herbal substances/medications may increase the risk of bleeding. Previous resurfacing around the eye or eyelid surgery may increase your risk of developing eyelid abnormalities such as ectropion (out-turning of the eyelid most commonly the lower lid). If you have a history of keloid formation (excessive scarring), previous radiation therapy to the treatment area, collagen vascular disease, nicotine addiction (smoking), previous resurfacing, phenol chemical peel, dermabrasion, transcutaneous lower lid blepharoplasty (eyelid surgery), isomorphic diseases (labile psoriasis, severe eczema or vitiligo) you may be at increased risk of scarring or other side effects and other options should be considered. Body areas with a decreased concentration of adnexal appendages (hair follicles, sweat glands) such as the neck, chest, back, hands or other non-face areas have an increased risk of scarring as well as prolonged healing. If you are planning to have UV (sun) exposure other than incidental in the 2 to 6 weeks before or after the treatment then the procedure should be delayed until a time when UV exposure can be minimized. Permanent implants, metal plates and screws in/under a treatment area may increase the risk of side effects or treatment may not be an option.

If you have an allergy to lidocaine or numbing or freezing agents an alternative process may be used to decrease the discomfort during the treatment.

Dec 2013 Fractora Radiofrequency Resurfacing Treatment (INFO/INSTRUCTIONS)
The results of Fractora Radiofrequency Resurfacing are prolonged by a proper skincare regimen, a good quality SPF product and by maintaining a healthy lifestyle. U Cosmetic has chosen a range of specific medical grade skincare products that complement all of our procedures and can prolong results of many treatments. Other treatments such as Botox™ and hyaluronic fillers may also augment results.

Prior to treatment you should:

- Ensure that you have reviewed this information sheet and that you have had enough opportunity to ask questions and have them answered to your complete satisfaction.
- Ensure that you have signed the consent form.
- have a COMPLIMENTARY SKIN CARE CONSULT for mineral make up colour matching for post treatment foundation and skin care PRIOR to your resurfacing.
- avoid sun/wind exposure, tanning bed or products for at least 4 to 6 weeks.
- drink plenty of water, well hydrated skin responds better and heals faster
- have a test patch treatment if you have darker or sensitive skin or a tendency to hyperpigment or scar. Most patients will not need a test patch done.
- consider having pre-treatments that reduce the risk of hyperpigmentation such as photorejuvenation and using medical grade skincare.
- be off Accutane, Gold therapy for at least 6 months prior to treatments. Consider stopping ASA, ibuprofen, vitamin C and E, flax seed, fish oil and herbal teas which can cause excessive bleeding if you are taking them for prevention and not treatment of disorder. Discuss with Dr Sangers or Dr Meathrel and your doctor whether you should stop aspirin or other prescribed blood thinners.
- avoid skin care products with strong ingredients (Retin-A, glycolics….;) for 7 to 14 days
- have the following prescription or non-prescription medications if they have been recommended (usually for deep treatments only):
  - antibiotic ointment for days 0 to 7
  - prescription for sedation and pain medication
  - prescription for an antibiotic/antiviral (for cold sores) and/or an antifungal oral medication for skin infections
  - hydrocortisone cream for when the skin has healed to treat pinkness, after day 5-7 if recommended
- have the following post-treatment products (some available at U Cosmetic) if recommended:
  - headbands to keep hair out of treatment area
  - clean face cloths for post care washes and soaks
  - white vinegar and boiled or bottled water for face washing post deep treatment
  - a gentle cleanser (available at U Cosmetic) for cleansing immediately for mild and moderate treatments and after 2 to 3 of vinegar washes days
  - post treatment cream (available at U Cosmetic) to use immediately for mild to moderate treatments and after 2 to 3 days for deep treatments. For deep treatments phase out the antibiotic ointment by mixing with the recommended post treatment cream.
  - hat and medical grade sunscreen (available at U Cosmetic) for day 3-5 and beyond
  - mineral treatment cosmetics (available at U Cosmetic) which can be used after your skin has healed, we suggest having a colour match done BEFORE the procedure
- wash the treatment area with antibacterial soap the night before treatment.

The day of treatment:

- take any medication prescribed as directed
- do not consume alcohol because it can cause increased inflammation, discomfort and bleeding.
- come to the office with a clean face washed with an antibacterial soap and without makeup;
- arrive at the clinic 1 ½-2 hours before your treatment if you require pre-treatment (not required for some spot treatments).
- your pictures will be taken PRIOR to any preparation for treatment.
- a topical anesthetic cream may be applied to the treatment area for approximately 1-2 hours before the treatment. Notify staff if you feel unwell during this time period in the clinic. Local anesthetic may be injected as well.
- do not wear contact lenses if you are having your eyelids treated.
• if you are anxious about the treatment or have taken sedating medication make arrangements to have someone drive you to the clinic and pick you up
• you may bring something to read while waiting for the procedure

**During Treatment:**
• you may feel burning or discomfort during the procedure and for 20 to 60 minutes after the procedure. This will resolve spontaneously.
• you will feel a cooling device gently blowing cool air on your skin, this makes the treatment more comfortable
• most areas will be treated with more than a single pass, some areas that are more sensitive include the upper lip, around the ear or any area on the face that tends to be dry

**After treatment:**
• the treated skin will feel tight, appear red like a sunburn for mild treatments and may appear swollen with pinpoint bleeding with deeper treatments
• you will have a saline wash to moisturize your skin and an antibiotic ointment will be immediately applied
• keep the treatment area moist at all times with the recommended moisturizer for Light and Moderate treatments. Use antibiotic ointment for Deep treatments for 3 to 5 days until the skin is healed (crusting/flaking has stopped) then continue with the recommended moisturizer.
• wash the treatment area with a clean face cloth two to three times a day, for Light and Moderate treatments use a recommended gentle cleanser, for a Deep treatment cleanse with a vinegar/water solution (1 Tbsp vinegar in ½ cup of water) or a gentle cleanser. Do not rub your skin while it is healing, gently pat to clean and dry your skin
• you may swell especially around your eyes if your eyelids were treated, you may use ice packs
• avoid contact lens use and sleep with head elevated until all swelling around the eyes has subsided
• you may have crustiness, bronzing, peeling and itching. This will improve daily. Treatment areas off the face such as the neck and chest will take longer to heal.
• avoid hot showers or steam until all the skin is healed
• when the skin is healed you can use a recommended moisturizer with sunscreen when going outdoors and avoid sun exposure, tanning beds during the healing process and indefinitely to prolong results
• if your skin remains pink (one or more weeks after your treatment) you may use some hydrocortisone cream twice a day for no more than 7 days if directed to do so by the clinic staff
• you may use mineral makeup after the skin has re-epithelialized around day 1-3 for mild treatments and around 5 to 7 days for moderate and deeper treatments. Do not apply makeup if there are open areas.
• have prolonged pinkness or redness up to 1 to 2 months or more after the procedure.
• avoid AHAs, glycolic acids, Vitamin C, retinoids, etc. for 3 to 4 weeks after the skin is healed AND it has been recommended to re-start them by the staff at U Cosmetic
• contact the clinic if you have questions about your treatment. We are here to help you and want your experience to be a pleasant one.

You will start to enjoy your new complexion within a few weeks. Textural issues such as wrinkles and scarring will continue to soften as new collagen is made over the next 4 to 6 months. Deeper textural issues such as heavy wrinkles, pitted acne or chicken pox scarring will require repeated treatments or other types of treatments