UltraPulse Encore CO₂ Fractional Laser Resurfacing

INFORMATION & INSTRUCTIONS

The gold standard of laser resurfacing is the UltraPulse Encore CO₂ laser. Laser resurfacing can repair sun-damaged, aging skin producing improved, smoother, even-toned skin. UltraPulse Encore can also remove skin lesions and improves scars. ActiveFX™, DeepFX™ or TotalFX™ are UltraPulse Encore CO₂ laser treatments.

The UltraPulse Encore delivers thousands of tiny laser pulses in a fine grid pattern creating zones of heat deep in the tissue that immediately tightens skin, removes sun damage and stimulates collagen production. Depending on the needs of your skin and your lifestyle, ActiveFX™, DeepFX™ or TotalFX™ may be recommended.

In general, ActiveFX™ targets more superficial skin issues-discolouration from sun damage, fine lines, moles or other superficial skin lesions. DeepFX™ targets deeper skin issues-deeper wrinkles and scars. TotalFX™ is a combination of both ActiveFX™ and DeepFX™ in the same treatment giving a maximized treatment for discolouration, wrinkles, scars and skin laxity. The UltraPulse Encore laser can treat:

- Fine lines and wrinkles of the face and neck
- 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 and neck
- Stretch marks
- Moles or superficial skin lesions

ActiveFX™, DeepFX™ or TotalFX™ can produce dramatic results in a single treatment with much less down time than traditional resurfacing. Fractional lasers only treat a fraction of the skin’s surface in a grid-like pattern leaving small “bridges” of untouched skin. This technique makes the healing process much faster, lowers risk and enables you to get back to normal activities sooner. ActiveFX™, DeepFX™ or TotalFX™ is ideal for those who want noticeable results with minimal downtime (1 to 3 weeks instead of 6 to 12 weeks as with traditional resurfacing or dermabrasion).

Improvements from UltraPulse Encore CO₂ treatments continue for 3 to 6 months or more. Pigment, tone and wrinkle issues may dramatically improve after a single treatment. Acne, chicken pox, traumatic or surgical scarring, mole or other lesion removal and deep wrinkles may require more than one treatment 1 to 6 months or more later for added improvement. Some skin lesions or moles can recur over time. Results vary between individuals. Some people exceed our expectations and some people respond below expectations. 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.

The UltraPulse Encore CO₂ laser treatments (ActiveFX™, DeepFX™ or TotalFX™) can cause discomfort. To minimize this discomfort a numbing cream may be applied 1 to 2 hours before the procedure and/or local anesthetic.

Dr. Kim Meathrel, MD, FRCSC, Plastic Surgeon, Associate Professor of Surgery, Queen’s University
Dr. Caroline Sangers, MD, CCFP, Family Medicine, Practicing in Cosmetic Medicine

ActiveFX™, DeepFX™, TotalFX™

ultracosmetic.com

1324 Princess Street
Kingston, ON K7M 3E2
Website: ultracosmetic.com
Email: nuyu@ultracosmetic.com
Phone: (613) 536-LASR (5277)
Fax: (613) 536-5108
injections may be used. Various medications will be prescribed to help with discomfort and anxiety before the treatment or to help with healing after the treatment. Only local anesthetic injections are required for mole removal.

The amount of time required to heal and return to regular functions – **Downtime** - depends on the treatment done and the individual. **Medical downtime** refers to the time required to stay away from work, hobbies and other activities while you are healing. **Social downtime** is the time you may not want to participate in certain social events because you are still pink or red but can go to work and do errands. In general medical downtime with **UltraPulse Encore** CO₂ laser treatments is approximately 5 to 10 days and social downtime may be as little as 5 days after your procedure (using mineral treatment cosmetics to conceal) or up to 30 days after the procedure. These timings may increase or decrease depending on the aggressiveness of the procedure – a more aggressive treatment equals more downtime, both medical and social.

Options other than laser resurfacing may include Fractora Radiofrequency resurfacing, KTP for lesion and pigment removal, Pixel laser peel and chemical peels for a light resurfacing and skin rejuvenation, photodynamic therapy for discolouration and medical-grade skin care. There may also be surgical options. Not having the procedure is also an option.

**Expected side effects of UltraPulse- Encore** CO₂ laser treatments include redness, bleeding or oozing, burning sensation, tightness and flaking of skin. Most of these should resolve over 5 to 10 days. A slight redness or pink glow may persist for 1 to 2 months or more. Infrequently, blistering, infection, bruising or discolouration (hyperpigmentation may be temporary or permanent) may occur. Rarely, burns, new spider vessels, scarring, and permanent discolouration (hypopigmentation more than hyperpigmentation) can occur. The risk of scarring is increased when the neck, chest and other non-face areas are treated, when the skin is picked at or allowed to dry out after treatment. **All risks are increased with multiple laser resurfacing treatments.** Invasive facial treatments such as laser resurfacing or mole removal can trigger cold sore outbreaks so if you are prone to cold sores please inform the doctor and preventative medication will be prescribed. Eye damage may occur if the protective eyewear provided isn’t worn or with the use of intraocular lenses (lenses put into the eye for protection when doing laser treatments around the eye). This can include corneal abrasions that usually heal in a few days. Please indicate if your eyes are uncomfortable during the treatment.

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

**UltraPulse Encore** CO₂ laser treatments can not be done if you are pregnant or breastfeeding, have active infection or a tattoo at the site, have a light sensitive disorder such as porphyria or light-triggered seizures, if you have been on isotretinoin (Accutane) within the last 6 months or if you have ectropion (an out-turning of the eyelids). Certain medications such as thiazides (for high blood pressure), certain antibiotics (such as tetracyclines, fluoroquinolones, griseofulvin or sulphonamides), sulfonylureas (used to treat diabetes), phenothiazines (used to treat certain emotional problems or induce sleep), Gold therapy, St John’s Wort and Ginkgo Biloba may increase your risk of side effects because of increased sensitivity to light. Blood thinners such as aspirin, plavix, Coumadin, green tea and possibly other herbal substances 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. 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 blepherooplasty (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 with laser resurfacing as well as prolonged healing. Treatment close to the lower eyelid can cause ectropion or out-turning of the lower eyelid. 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.

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.

The results of **ActiveFX™**, **DeepFX™** or **TotalFX™** 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.
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.
- Avoid sun exposure, tanning bed or products for at least 4 to 6 weeks.
- Expect test patch treatment prior to a full treatment if you have darker or sensitive skin or a tendency to hyperpigment or scar.
- Consider a complementary medical grade skincare and mineral treatment cosmetic consult PRIOR to your resurfacing.

The day of treatment:

- Take your antifungal (Diflucan) and antiviral (Valtrex or valacyclovir) medication.
- 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 hour before your treatment if you require pre-treatment (not required for some spot treatments and for lesion removal treatments).
- Your pictures will be taken PRIOR to any preparation for treatment.
- A topical anesthetic cream will be applied to the treatment area for approximately 1-2 hour before the treatment. Notify staff if you feel unwell during this time period in the clinic. Local anesthetic may be injected as well or instead immediately before the treatment.
- Do not wear contact lenses if you are having your eyelids treated.
- If you are having your eyelids done then some metal eye shields will be inserted under your eyelids to protect your eyes. Numbing eye drops will be used prior to insertion of the shields.
- If you are anxious about the treatment make arrangements to have someone drive you to the clinic and pick you up. A mild anti-anxiety medication may be given to you to help you relax.
• bring a book to read.
• you may feel burning or discomfort during the procedure and for 20 to 60 minutes after the procedure. This will resolve spontaneously.

After treatment you will/may/should:
• **KEEP THE TREATMENT AREA MOIST AT ALL TIMES** by following the post-procedure care guidelines STRICTLY.
• **Do not rub your skin while it is healing, gently pat to clean and dry your skin**
• have swelling around your eyes if your eyelids were treated
• avoid contact lens use and sleep with head elevated until all swelling around the eye has subsided, use moisture eye drops if intraocular lenses were used during your procedure
• crustiness, peeling and itching on treated skin for several days. This will improve daily.
• notice immediately some **redness, oozing and swelling** at the treatment site that can last for 5-7 days or more. The treated area may feel warm like a sunburn. You can apply cold packs.
• notice by **day 3 to 5**, some or all red areas will begin to look bronzed, your skin will start to flake. **Do not pick at your skin.** Gently wash with a clean face cloth to remove debris. Again, avoid vigorous rubbing. If your skin is healed (it will be red or pink) and is not irritated you should use moisturizer with sunscreen when going outdoors and avoid sun exposure, tanning beds during the healing process and indefinitely to prolong results. The skin is more sensitive after laser treatments. Use sunscreen regularly when skin is healed.
• When your skin is re-epithelialized (grown in, healed over) but pink you may use some hydrocortisone cream twice a day for **no more than 7 days** to help decrease redness, pls call the clinic to confirm the use of hydrocortisone
• avoid hot showers or steam until all the skin is healed
• may use mineral makeup after the skin has re-epithelialized around day 5 to 10 depending on how aggressive the treatment. 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.
• **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 may require repeated treatments or other types of treatments.

**For maximal results, a second treatment may be required.**

Dec 2013  UltraPulse: Encore CO₂ Laser Treatment (INFO/INSTRUCTIONS)