

ELOS® SUBLATIVE REFRACTIONING (RF) LASER

A Sublative Refractioning (RF) laser treatment is a laser that utilizes bipolar frequency technology to improve problem areas in skin tone and texture by heating deep into the dermis of the skin to stimulate elastin and collagen regrowth. This type of procedure is most commonly used for treatment of acne scarring, minimizes appearance of pores, wrinkle reduction and fine lines, and overall toning and tightening of the skin. You will see a noticeable reduction in skin imperfections and texture irregularities. **Best results can be seen in 3-5 sessions, at least 4 weeks apart.** However, you will begin to see results after your first treatment. Optimal results can be seen 6 months after the procedure. This laser varies for different skin tones, please check with Body+Beauty Lab to see if you would be a good candidate. We advise you to schedule the procedure at least 1 week prior to any social events.

EXPECTATIONS:

This type of laser is very well tolerated by clients, and most experience only minor discomfort during the procedure. The expected treatment time is approximately 30 minutes. We provide numbing cream for our clients and a cooling fan during the procedure to minimize any unpleasant sensations. Clients can expect to feel a warm, prickly stinging sensation similar to a sunburn. This is normal and will subside after 1-2 hours after treatment.

PRE-TREATMENT CARE:

1. Avoid tanning or sun exposure to the area at least 2 weeks before and after your procedure. This includes any form of self-tanning. Tanning will decrease the color differences between the pigmented lesions and the surrounding skin, which makes the treatment less effective and increases the potential for a superficial burn. **You will need to wear at least 30 SPF and reapply at least every 2 hours for 2 weeks before and after the procedure.**
2. Discontinue any photosensitizing medications (such as Tetracycline, Doxycycline, St. John's Wort) at least 1 month prior to the procedure.
3. If you have a history of Herpes Simplex, be sure to let your medical aesthetician know in order to prescribe pre-treatment as the light may trigger a flare-up.
4. Discontinue all exfoliating, active anti-aging products, acne products, Hydroxy Acids, Retinols, Tretinoin, and Hydroquinone at least 7 days prior to the procedure.
5. Discontinue the use of Efudez, Carac, Solaraze, Aldara or Picato at least 4 weeks prior to your treatment.
6. You may continue to take Aspirin as a blood thinner but be aware you may experience more bruising and swelling.
7. You may not be a candidate if you have a history of seizures, pregnant or breast feeding, Accutane within the last 6 months, history of keloids or hypertrophic scar formation, active infection, pacemaker or defibrillator, poorly controlled diabetes, Coumadin or Warfarin use.
8. You should wait at least 2 weeks after Botox®/Zeomin®/Dysport® injections and should not have any filler in the treatment area (at least 9 months after filler injection).

9. Arrive at least 20 minutes prior to your scheduled procedure, so that we may apply a topical numbing cream if you desire.

POST-TREATMENT CARE:

1. Immediately after your procedure, you will look and feel as though you have a mild to moderate sunburn. Your skin may feel warm and tighter than usual. This is normal and will subside after 1-2 hours.
2. You will begin to see tiny red grid marks appear on the skin following the treatment, this is not permanent and will fade within 2-3 days. Tiny scabs will begin to form after the initial redness in 24-48 hours and may last for up to 7 days. Do not pick or scratch any scabs, allow them to heal and fall off naturally. You should apply either the Body+Beauty Lab Post Treatment Ointment or Calming Aloe Cream upon the recommendation of the medical aesthetician.
3. Expected social downtime is approximately 48 hours post procedure. This varies with every client.
4. Within the first 24 hours if you experience any discomfort, you may take Tylenol, Motrin or Aleve as directed.
5. You may notice peeling/flaking, redness or swelling of the treatment area. This is normal and to be expected. The response may differ in every client. This does not need to occur for the treatment to be effective.
6. You may bathe and shower as usual, although you may be sensitive to extreme temperatures.
7. Avoid aggressive scrubbing or use of exfoliants during the first 7 days after treatment.
8. You may apply topical antibiotic ointment, like Aquaphor, to the area after the first 24 hours, once you have felt all of the heat has come out.
9. If you should develop any open sores, apply over-the-counter antibiotic ointment to this area 2-3 times daily until healed.
10. Use a very mild and gentle cleanser on your face for the following 7 days after treatment.
11. Makeup may be used after 24 hours as usual.
12. You may resume facial products 7 days after treatment.
13. Be sure to use 30 SPF sunscreen (reapply every 2 hours) after the procedure.
14. Drink plenty of water.