

Dr. Peter Bray – Certified Plastic Surgeon, MD, MSc, FRCS (C)
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 @drbrayplasticsurgery

Post-Operative Instructions for Fractora

It is very important to note that everyone responds differently to treatments, thus downtime will differ from one individual to another. It is critical to follow recommendations to minimize the potential risk of any problems occurring post treatment.

- Take your medications as prescribed.
- Redness and tightening are typical the first 1-4 days after treatment.
- Blotchiness of the skin is common for 1-14 days after treatment
- It is recommended that makeup not be applied for 3-5 days post treatment
- Do not pick, pull, or scratch at you skin.
- Do not have dermal fillers or Botox injected for a minimum of 14 days.
- Avoid electrolysis, waxing, depilatories, lasering, threading, and bleaching for minimum 14 days post treatment.
- Do not have any radio frequency treatments or chemical peels for a minimum 14 days post treatment.
- Keep head elevated on 2 pillows.
- Smoking may delay the healing process.
- If you suffer from hyperpigmentation, you must pre treat with specific lightening products 4 weeks prior to treatment.

FOR THE NEXT TWO WEEK PERIOD

- Do not use hot tubs, saunas or steam rooms.
- Do not use direct heat from hair dryer around treated area.
- Do not use any time of exfoliation.
- Do not participate in excessive physical activity.
- Do not go swimming.
- Do not put your face directly into hot shower.

INSTRUCTIONS

- Do not wash skin for 3 days
- Apply polysporin for 3 days post treatment. You may also use Aquaphor to keep area moist.
- Day 4 you can wash with SkinCeuticals gentle cleanser, apply epidermal repair, followed by SkinCeuticals UV fusion 50.
- SkinCeuticals UV fusion is mandatory every morning.
- Avoid direct sun exposure for 5 weeks after your treatments.

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COSMETIC PLASTIC SURGEON

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If you have any questions, please contact our office between the hours of 9 - 5pm at 416-323-1330

If you are a Windsor Patient, please contact the Windsor/Tecumseh office at 519-727-1010

You will be provided with an after-hours/holiday/emergency contact information approaching your surgery date.