

**NADIA BLANCHET, M.D.**

**804-320-8545**

**DISCHARGE INSTRUCTIONS AFTER MATRIX FRACTIONAL LASER**

- You should fill your prescriptions for antibiotic, pain medicine and Zovirax (if you are having your upper lip or eyelids lasered) prior to the procedure. Please purchase a large tube of Aquaphor ointment, a tube of over-the-counter 0.5% cortisone cream, Cetaphil cleanser, and some new concealer foundation at the same time. Bring one of your pain tablets with you to the procedure. We will give it to you after you have signed your consent, if you have someone to drive you home.
- If you are having sedation, please bring the tube of Numya Forte to the office the day of your procedure. We will ask you to purchase this from South River Compounding Pharmacy. We will apply it 30 minutes prior to MATRIX.
- If you are not having sedation, please scrub your face at home and apply the Numya Forte to your face 30 minutes prior to your scheduled procedure time.
- You will be very significantly swollen for three to five days after this treatment, especially in the morning. The “grid” of the MATRIX will be initially visible until it falls off, usually by day 6 or 7.
- Please keep your face very moist with Aquaphor cream for the first few days until all of the tiny crusts have peeled off your face. Do not try to rub them off prematurely as this can lead to scarring. If you try to sleep on a pillow before your crust has come off, please use a piece of plastic wrap on your skin. Otherwise the skin will stick to your pillow and peel off prematurely.
- Wash the area twice a day with Cetaphil cleanser, again until the area is completely smooth without crusts. This is also when you may begin using sun block and makeup/concealer instead of Aquaphor. Make sure you start with a new tube of sun block and fresh makeup.
- Do not do any vigorous aerobic exercise until the skin has finished peeling completely (about 5 days). If you sweat under the fine crusting, you could develop an infection which could lead to scarring.
- I will see you frequently as you heal to check on you and answer questions, so plan to stay in town for the week. Please call the office immediately if anything looks infected.
- About one week post-procedure, you may become very itchy. If so, you may use the cortisone cream sparingly.

- **Smoking dramatically increases your risk of poor healing, scarring and infection. Please refrain from smoking 3 weeks before and 3 weeks after the procedure.**
- Sun-exposure while the skin is still pink can lead to a bad burn or hyper-pigmentation. If you must be outdoors the first few weeks, use a broad-spectrum sunblock with UVA and UVB block and re-apply it every two hours. If your usual sunblock stings, we carry a post-procedure sunblock if you are interested.
- After one month or when the skin is its usual color, you may resume Retin-A, Vitamin C or glycolic acids, but please clear this with me first.
- Some patients experience a brief period of “let-down” or depression after cosmetic procedures. Some may subconsciously have expected to feel and look better “instantly,” even though they rationally understand that this will not be the case. Patients commonly question their decision to have a procedure during the first few days after it. As the healing occurs, these thoughts usually disappear quickly. If you feel depressed, understanding that this is a “natural” phase of the healing process may help you to cope with this emotional state.

PLEASE FEEL COMFORTABLE TO CALL DR. BLANCHET’S OFFICE IF YOU HAVE ANY CONCERNS OR QUESTIONS. AFTER HOURS OR ON WEEKENDS YOU CAN REACH THE DOCTOR BY CALLING 804-320-8545. **IN A TRUE EMERGENCY, CALL 911 IMMEDIATELY.**