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Mixto SX (Fraxel) Laser Patient Information

How is the Mixto laser different? The Mixto SX machine is a “fractional” carbon dioxide laser, meaning that, rather than “zapping” 100% of a treated region of skin, it zaps scattered tiny zones of skin comprising a total of perhaps 25% of the treated region. Tiny treatment zones mean no skin rawness. It has been FDA approved for treatment of fine lines, dark spots, and acne scars.

Am I a good candidate? As is true for all lasers, some people may be better candidates than others. If you have sun-damaged skin of the face (freckling/brown spots, wrinkles, coarse texture) you may be a good candidate. Please read and answer the questions below. If you answer yes to any of them, you are not a good candidate for this study.

Yes/No Questions:

- Do you have a history of keloids or abnormal scarring?
- Have you used an oral medication called isotretinoin (Accutane or others) in the past 12 months?
- Are you pregnant or breastfeeding or planning on becoming pregnant during the treatment?
- Do you have a history of immunosuppression (HIV/AIDS/transplant)?
- Are you under the age of 18?
- Are you out in direct sunlight for longer than 1-2 hours daily? It is important before and after each laser treatment to stay out of direct sunlight. If you are wearing a hat and using good protective sunscreen (SPF 30 or higher), you may still be a candidate.
- Do you have the type of skin that rarely or never burns when outdoors in the sun? People with darker pigment in the skin are at higher risk of long-lasting discoloration and scarring with certain laser treatments.

What does the treatment feel like? Most people will feel some stinging and burning during the procedure and for several hours afterwards. The stinging and burning will usually subside by 1-2 days. You may take ibuprofen/acetaminophen or similar medications to minimize this discomfort.

What do I look like after treatment? Your skin will look red and swollen for 1-3 days following treatment. In rare cases, the swelling and redness may last for 1 week. In approximately 3-4 days, you will probably have some flaking and bronzing of your skin. The flakes usually resolve within a week.

Can I cover the redness with makeup? We ask that you not apply anything to your face, except the ointment that we will recommend, for the first 2-3 days. You may wear makeup after that time.

How many treatments are needed? In most cases, only one or two, but for deeper wrinkles and acne scars three or more is recommended.

What are the side effects of this treatment? Common side effects from treatment with the Mixto SX laser include the following: redness lasting for a few hours to a few days, swelling lasting for a few hours to a few days, tenderness during the treatment and immediately after, and flaking of the skin. Less commonly, you may have significant swelling lasting over one week, and hyperpigmentation (darker discoloration) or hypopigmentation (lighter discoloration). Rare side effects include blistering or scarring.



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CO2 Micro Fractional Laser Aftercare

1. You will experience a burning sensation on the skin that will last between 30 minutes and up to 3-4 hours following your treatment on the first day.
2. If you have discomfort following treatment, take Tylenol or speak with your doctor about a prescribed pain-killer such as Vicodin (take with food).
3. You may want to take a few days off work. Treatment to the facial area will result in an appearance similar to a darker tan/sunburn for the first day. A fine scar will be formed by the skin. Do not be concerned, this promotes the healing process.
4. After 1-2 days the necrotic skin will disappear and the skin will have a tanned look. At this point, makeup can be applied. Redness may persist for up to 3 days. On the 4th day or so your face will get darker and near the 5th or 6th day peeling will occur. More intense treatments can take up to 7 days for recovery.
5. Wash using a mild soap like Purpose, CeraVe or a soap-free cleanser like Cetaphil.
6. Wash the treated areas every day and apply Aquaphor Ointment to the treated sites and lips 4 times per day or more if tightness is noticed. Avoid hot water.
7. Eye Area: Treatment to the upper eyelids may result in swelling and create a slight squint. Redness may persist up to 3 days. Cleanse your eyes with cool water and dab or pat very lightly with a soft towel. Avoid hot water. Lubricating the eye with drops (i.e. Visine) will help decrease the dryness of your eyes.
8. If the skin around the mouth is tight, minimize facial expressions. Remember to lubricate with ointment such as Aquaphor as needed to prevent excessive tightness.
9. Rest. Avoid strenuous activity such as exercise, bending, straining, stooping or lifting heavy objects for 1-3 days following treatment. These activities may cause more swelling and pain on your face and slow down your recovery.
10. Sleep in a slightly elevated position. Use 2-3 pillows under your head and neck or sleep a few nights in a reclining chair.
11. Avoid sun exposure for at least 6 months. A sunscreen with SPF 30 or higher should be applied every day. Use a hat and sunglasses. Your skin is extremely vulnerable to the sun after having a laser treatment. Protecting your skin and limiting sun exposure ensures the best cosmetic results.
12. Please schedule a follow-up appointment for 2-3 days after the procedure with your doctor or the aesthetician. You may not need to come in but at least it will be set if you should want to be seen.
13. Please call your doctor immediately for problems such as increased pain, fever, drainage of pus or signs of infection or bleeding.



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Fractional Carbon Dioxide (CO2) Laser Surgery
Patient Advisor and Consent

I hereby authorize and direct Dr. _____ and his/her assistants to do any other procedure that in their judgment may be necessary or advisable should unforeseen circumstances arise during the procedure. I understand that there can be no guarantee, either expressed or implied, as to final results. While a good result is expected, the following is a list of complications that on rare occasions may occur:

1. **Pain and Discomfort:** The level of pain and discomfort varies with an individual's tolerance, and both may be experienced during treatment when no aesthetic is used. Therefore, I consent to the use of anesthesia, as needed and appropriate. Numbness of the skin may occur; this is typical and temporary.
2. **Healing:** CO2 laser surgery causes a superficial to deep wound, which can take several days to heal. The treatment can result in swelling, weeping and crusting of the wound area. After healing, the area may be pink and is sensitive to the sun for an additional two to four weeks
3. **Swelling:** Immediately following laser surgery there may be swelling or bruising. This is temporary and usually subsides within 3-5 days.
4. **Scarring:** While good wound healing is expected, in rare cases, scars may occur. If you have any prior history of unfavorable healing, please report it before the procedure. To minimize the rare occurrence of scarring, you must follow all postoperative instructions carefully and notify the office promptly if a problem develops.
5. **Skin Color Change:** The treated area may heal either lighter or darker in color than the surrounding skin. Any changes in pigmentation are usually temporary but rarely can be permanent.
6. **Recurrence of Lesion:** Some skin conditions may be affected partially or not at all by the laser and may require additional surgical or other treatments.
7. **Infection:** Any invasive procedure carries a risk of infection and may require treatment with anti-infective medications.

It may be necessary to return for multiple treatments of certain conditions to maintain suitable results. Therefore the consent will be effective for the duration of laser treatments.

_____ I give my consent for pre and post treatment photos to be taken. Photos will remain private as part of Initials records.

Signature of Patient/Guardian

Date

Witness

Date