



TITAN Laser Treatment

What to expect & how to prepare.

You have decided to tighten your skin, reverse the signs of aging, & improve acne scars with the TITAN laser. Congratulations!

As you begin your journey to a more youthful appearance, we want to explain everything you need to know to make this an exciting, enjoyable experience & be sure you know exactly what to expect as treatment progresses. Please read carefully.

The TITAN treatment schedule is as follows:

- 1st appointment 1st TITAN
- 4 weeks later, Return for follow-up evaluation, post treatment pictures, & 2nd TITAN
- 4 weeks later , Return for follow-up evaluation, post treatment pictures, & 3rd TITAN
- 4 weeks later, Vibraderm, follow-up pictures, skin care product consultation for your post-TITAN new skin!
- 6 months later, Maintenance treatments, if needed, every 6 months to 1 year.

We recommend single treatments with follow-up evaluations for further treatment. Our nurse practitioner, Shelly, and Cathi, our medical esthetician, will make recommendations at each follow-up visit based on your results. The schedule above is the ideal sequence of treatments. Depending on your individual needs, you may discuss any deviation from this schedule with your practitioner. However, we strongly recommend treatments take place as described above.

How long do treatments take?

TITAN visits last approximately 1 & 1/2 hours. Vibraderm appointments last 30 minutes. ***Please arrive on time***, as treatment appointments must follow a strict schedule. Once you arrive, we will begin preparation of your skin for treatments as follows:

1. We will cleanse your skin first.
2. Please inform us if you desire pain medication prior to treatment.
3. We will begin treatment which will take approximately 45 minutes.

4. After treatment is complete, we will apply cool compresses & sunblock.

How do I care for my skin after treatment?

You will be given a skin care package following your first TITAN treatment. This package includes 3 products designed to help your skin produce collagen & stimulate cell turnover to repair aging and photo-damaged skin.

Please use these products in the following manner:

1. **TNS:** apply to skin twice a day, beginning the day *of* treatment.
2. **Dual Action:** DO NOT USE for 24 hours after treatment. Apply to skin every evening before bedtime beginning the night *after* treatment.
3. **Ti-Silc or Elta Daily:** apply daily under make-up beginning the day *of* treatment.

Please review ingredients of all products in the package & alert your practitioner if you have any allergy or sensitivity to ANY of the ingredients.

The products given to you along with your TITAN procedure are designed to enhance your results. ***Please stop using all other products & use only the following:***

- Mild cleansers such as Soothing Milk Cleanser (available in our office) or Cetaphil (over the counter).
- An appropriate night time moisturizer, such as TNS Ultimate Daily Moisturizer (available in our office) or Neutrogena (over the counter).
- If you do run out of any products, please let us know & you may purchase additional products at any time.

Lastly, welcome to our practice. Please let us know if there is anything we can do to make your experience the best it can be!