

## Fraxel Care Instructions

### Before Your Treatment

- 6 months before your treatment, discontinue Accutane.
- 3 weeks before your treatment, please avoid sun exposure. You should not have an active sun tan or sun burn at the time of treatment.
- 2 weeks before your treatment, discontinue tanning lotions or spray tans.
- 7 days before your treatment, discontinue usage of any antibiotics that make your skin sun sensitive.
- 7 days before your treatment, please avoid Retin A and Retinol use.
- Let your Provider know if you have a history of cold sores. An antiviral may be prescribed.
- If you become pregnant or start breastfeeding, please give us a call.

### Day of Procedure

- If treating your face, it's preferable to have all facial makeup removed prior to your appointment.
- 60 Minutes prior to your appointment, please apply the numbing cream per the instructions you received.

### Immediately After Treatment

Use a bland moisturizer (i.e. Cetaphil cream) or a very thin layer of petrolatum ointment (i.e. Aquaphor). Use petroleum ointment to cover any area oozing and keep moist. Use of ice packs helps alleviate the heat sensation. You may cleanse your face with a mild cleanser. All of your skin care products should be non-irritating and non-clogging for the first week or so after a Fraxel treatment. Examples of brands that offer very gentle and inexpensive products that are ideal to use: Aveeno, Cerave, Dove, Neutrogena, and Cetaphil.

- Moisturizer - Remember that peeling and/or flaking is normal during the healing process. Therefore, the moisturizer you use should be non-irritating and non-clogging, or else you could develop breakouts. Reapply whenever your skin feels dry.

- Activity - You may return to normal activities immediately after your treatment. It is recommended to avoid strenuous activities for approximately 24 hrs. Strenuous activities can lead to more swelling and bruising.
- Mild to intense burning sensation will resolve within 2-3 hours following treatment. Cold water and ice can be used to alleviate this uncomfortable sensation.
- To help reduce inflammation and or swelling, you can take antihistamines as well as sleeping with your head elevated at night.
- Breakouts post Fraxel can happen post treatment and typically present as "whiteheads." If there is a significant acne flare that is bothersome, please call the office so we can prescribe medication to speed up the healing process.
- It is normal to experience a "sandpaper" like texture for up to 2 weeks following the treatment.
- Avoid picking and or exfoliating within the first 2 weeks of treatment.
- Certain body areas can take longer to fully recover than the face.

## **First Few Days**

Continue cleansing and moisturizing over the next few days. Once the sloughing starts, please allow your skin to heal and DO NOT scrub, rub or use exfoliants. Keep clothing away from treated body parts as much as possible to avoid irritation.

## **First Week of Healing**

Keep the treated area clean. Avoid smoking, excessive alcohol consumption, excessive exercise, perspiring, swimming, or exposing the skin to heat and sun.

## **Normal Skin Care Regimen**

Once the sloughing is complete, you may resume your routine skin care and make-up products, as long as they are tolerable to you.

- Sunscreen - It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. Once sloughing is complete, use sunscreen daily for at least 3 months after your last treatment. Apply sunscreen 20 minutes before going outside and again, immediately before. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that

covers the treated area. Your practice of diligent sunscreen may lower the risk of laser-related hyperpigmentation (darker color).

- Scrubs, Toners, Glycolic Acid and Retin A. - Your skin will be sensitive for the first week or so after treatment. Do not use products that will cause irritation during this time. Do not use abrasive scrubs, toners or products that contain glycolic acids or Retin A. Read the product labels.

### **Abnormal Healing**

If you notice any blisters, cuts, bruises, crusting/scabs, area of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion or any other problems, please contact us as soon as possible.

**Questions/Concerns.** Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office at 425-450-0880.