

Preparing for your Fraxel Treatment

For 2 weeks before your treatment, do not use active skin care products containing any of the following: retinol, glycolic acid or salicylic acid. Do not tan, either naturally or artificially. Do not have any other laser or microdermabrasion treatments in the area to be treated and do not wax or use abrasive scrubs.

— — — WARNING, YOU WILL EXPERIENCE 7-10 DAYS OR REDNESS, FLAKING, RECOVERING SKIN. TRUST US IT WILL BE WORTH IT. — — —

GENERAL EXPECTATIONS:

Avoid direct sunlight and keep skin moist and cool to aid healing.

Avoid environmental irritants during healing process (e.g., dust, dirt, aerosols, cleaning agents).

Avoid dryness and excessive heat (no high heat on blow dryer, medium heat is fine during healing process).

Avoid any vigorous exercising for 2 weeks.

Stay hydrated, eat healthy foods, and avoid alcohol.

Redness and a sunburn-type sensation will normally last several hours.

Neck redness is more persistent and will usually last several days longer than face redness.

Face will normally bronze and peel within 3-5 days (Note: skin below neck normally requires up to 2 weeks to bronze and peel).

DAY OF TREATMENT:

Keep treated areas covered with topical ointment/cream as instructed by physician.

Apply cooling compresses (e.g., bag of frozen peas or wet paper towels frozen in Ziploc bag) Note: do not apply ice directly to skin and do not use towels as detergents may irritate skin.

If desired, you may spray water mist on skin using distilled or spring water.

May take an analgesic (e.g., Acetaminophen or Ibuprofen) for discomfort.

FIRST NIGHT:

Sleep with head slightly elevated.

Place paper towel over pillow to protect from ointment/cream.

If experiencing irritation to the eye, may use an eye lubricant (e.g., Systane™).

DAY 1 (FIRST DAY AFTER TREATMENT):

Avoid direct sunlight and excessive heat.

Begin washing face 2-3 times a day with room temperature water and Cetaphil.

May take shower and wash hair. Avoid hot water.

Re-apply Aquaphor to treated area. Ensure skin remains constantly moist.

DAY 2:

Swelling should subside and skin may bronze and feel gritty.

Itching (particularly along the jaw line) tends to begin on this day.

Continue applying ointment/cream (and cool compresses, if needed).

Continue washing face with Cetaphil and room temperature water.

For extreme itching, hydrocortisone cream (OTC 1%) may be applied. AVOID picking and/or scratching.

DAY 4-7:

Itching has usually subsided.

You may start more aggressive washing with fingertips to promote further exfoliation (do not pick).

Use non-irritating sun block SPF 30+ with zinc oxide (7-9%) and/or titanium dioxide when going outside.

You may apply mineral makeup (powder).

DAY 7-28:

Continue appropriate moisturizer until skin has hydrated back to its normal level (3-4 weeks).

You may start regular skin care program as long as treated area is healed (no exfoliation).

Continue applying non-irritating sunblock (SPF 30+) and use mineral makeup (powder) to protect treated areas (do not use liquid foundation as it may clog pores and irritate new skin).

Avoid exposure to excessive sun for up to 4 weeks (hat or clothing must be used to protect treated areas).

You may return to exercise programs.

Like always, call / text us if you have questions!

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