

fraxel®

You may not undergo a fraxel® treatment if you:

- are pregnant or lactating
- have had recent sun exposure or spray tan
- applied photo-sensitizing topical medications
- have taken oral photo-sensitizing medications
- have an active infection or breakout in treatment area
- received botox or dermal fillers within 2 weeks
- used isotretinoin (accutane®) in the past 6 month

PRE

Refrain from retinoids, benzyl peroxide topical creams, glycolic, salicylic or any other exfoliating creams or cleansers for *72 hours prior* to treatment

Avoid any sun exposure and spray tans for at least 2 weeks prior to treatment

Discontinue any photo-sensitive oral medications, such as antibiotics, for 2 wks prior

We will topically numb your skin for 1 hour prior to treatment.

[Herpes Simplex Reactivation : Herpes simplex virus (cold sore) eruption may result in rare cases in a treated area that has previously been infected with the virus. You can help to avoid this by taking a prophylactic medication prior to treatment]

POST

Do not apply makeup or sunscreen for 24 hours post treatment.

IMMEDIATELY AFTER THE TREATMENT, you may experience redness, swelling and sometimes, pinpoint bleeding. To minimize swelling, apply a cold compress to the treatment area for 10 minutes every few hours on the day of treatment. You will notice most of the swelling on the first morning after treatment, particularly under the eyes. Swelling and discomfort usually lasts 2-3 days.

Heat sensation can be intense following 2 – 3 hours after the treatment.

Sleep with your head elevated the first night.

You may notice bronzing, crusting, or small dark dots on the treated area.

Your skin may feel dry, peel, or flake. You may notice a “sandpaper” texture a few days after treatment. This is the treated tissue working its way out of your body as new fresh skin is regenerated. DO NOT attempt to scrub dry skin off. Allow dead skin to flake off naturally. Most patients complete this process 5-7 days after a treatment on the face. (On off-face areas, such as hands/arms, where healing is slower, the process may take up to 2 weeks.)

Once the sloughing is complete, you may notice some pinkness over the next few weeks. Most redness resolves during the first week after treatment, but a rosy “glow” can remain for several weeks. If you wish, you can apply makeup to minimize the redness. Some patients also experience minor itching.

Avoid direct sun exposure for 3 weeks post and apply SPF 30 daily.

For best results, this treatment is recommended in a series of treatments, to be spaced 4-6 weeks apart.

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