

FRAXEL DUAL 1550/1927

POST CARE INSTRUCTIONS

WHAT TO EXPECT AFTER TREATMENT

The intensity and duration of your side effects varies depending on the individual patient and the aggressiveness of the treatment. Generally, a more aggressive treatment yields more intense and longer lasting side effects; however, some patients who receive a less aggressive treatment may experience side effects of greater-than-expected magnitude. Likewise, patients receiving a more aggressive treatment may experience side effects of less-than-expected magnitude.

Immediately after the treatment, you will experience **redness, swelling** and sometimes **pinpoint bleeding**. Most of the swelling occurs on the first morning after treatment, particularly under the eyes. Swelling usually lasts 2-3 days. To minimize swelling we recommend applying cold compresses for 10 minutes every hour until you go to bed and sleeping elevated the first night following treatment.

A burning sensation can be intense immediately following treatment and may last 2-3+ hours. Oozing can also occur in isolated areas for several days following treatment. Redness may worsen over the first few days following treatment. Swelling can be significant and cause discomfort. Some patients experience itching following treatment and throughout the healing process.

Your skin may appear "bronzed" or you might notice small dark spots on the surface of the skin. You can experience dryness, flaking, and peeling. You might notice a sandpaper-like texture to your skin. All of the above are normal results of treatment and the dead skin will start sloughing off 3-4 days after treatment. The sloughing process is usually complete after 7 days on the face, but may take up to 2 weeks for other areas such as the neck and chest or extremities. Once the sloughing is complete it is normal for the treatment area to remain pink or "rosy" for several weeks.

Although it is rare, cold sores may develop as a result of treatment. If you feel tingling and blistering occurring around the lips or nose, please call our office or on-call line.

Please do not hesitate to contact our office if you have any questions or concerns about how the treatment area is healing.

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SKIN CARE POST FRAXEL

During the first 12 hours following treatment you may use a very gentle moisturizer such as SkinCeuticals Epidermal Repair, Cicalfate, VaniCream moisturizing cream, CeraVe moisturizing cream, or Alastin Skin Nectar. **DO NOT USE Vaseline, Aquaphor, or other occlusive product within the first 12 hours**, as these can trap heat in the skin causing excessive inflammation and heat exposure. To cleanse the treatment area use a gentle cleanser such as Free & Clear cleanser or SkinCeuticals Soothing Cleanser. Continue gentle cleansing and moisturizing over the next 5-7 days.

Ice packs can be used to help alleviate the heat sensation immediately following treatment. Make sure the ice pack is clean before applying it to the treatment area.

Starting 24 hours after your treatment you may begin applying a physical sunscreen every morning.

Once sloughing starts, **DO NOT** scrub, rub, or use exfoliants. **DO NOT** pick at or peel any sloughing skin. Keep clothing away from treated body parts as much as possible to avoid irritation.

No exfoliants of any kind (mechanical or chemical) should be used until the skin is completely healed. This includes Retinol / Retin-A, Salicylic Acid, Glycolic Acid, Benzoyl Peroxide, toners, scrubs, and use of a Clarisonic brush. Do not use any product that can cause irritation, as your skin will be very sensitive for 1-2 weeks following treatment. Examples of products that can be used include SkinCeuticals CE Ferulic, SkinCeuticals Epidermal Repair, SkinCeuticals Phytocorrective Gel, and SkinCeuticals Physical UV Defense SPF 30. If you are not sure whether or not a product is safe to use postprocedurally, please call the office and we will assist you.

Once sloughing is complete and the skin has completely healed you may resume your normal skin care routine.

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

Daily sunscreen application is very important to prevent sun damage and to maintain results from treatment. We recommend using an SPF of 30 or higher with reapplication every 2 hours. If direct sun exposure is unavoidable, wear a hat and protective clothing. Your practice of diligent sunscreen use may lower the risk of laser-induced hyperpigmentation (unwanted darkening of the skin).

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