



Fraxel Pre/Post Care Instructions

PLEASE NO EYELASH EXTENSIONS 2 WEEKS PRIOR TO PROCEDURE.

EYE LAST EXTENSIONS WILL BE DAMAGED DURING LASER PROCEDURE.

Expectations:

- Your skin will be red for 2-3 days and swollen for up to 5 days.
- Around day three, skin will feel itchy, dry and tight. The majority of the dryness stage will be complete by approximately day five.
- An acne breakout 4-10 days post treatment is normal.

A history of cold sores or fever blisters will require a prescription for Acyclovir or Valtrex to prevent a flare-up.

Client MUST begin prescription 48 hours prior to procedure and continue use for five (5) days after.

TIMELINE	WHAT YOU NEED TO DO	COMMENTS
<u>3 Days Prior to Treatment</u>	<p>If you have a history of cold sores or fever blisters:</p> <ol style="list-style-type: none"> 1. Provide accurate pharmacy information to Allura so we can call in a prescription for Acyclovir (antiviral) – start taking 48 hours (2 days) before treatment. 2. Discontinue use of Retinols and/or aggressive skin products. 	<ul style="list-style-type: none"> • Depending on the area being treated, additional medications may not apply to you.
<u>Day of Treatment (At home PRIOR to appointment)</u>	<ol style="list-style-type: none"> 1. Eat something substantial prior to arrival as medications may be given at your appointment which may cause nausea on an empty stomach. 2. Have your face (or area being treated) clean with no makeup, tinted creams or lotion on skin. 	<ul style="list-style-type: none"> • Drink plenty of water before and after treatments to help keep your skin hydrated from the inside out as this can help with recovery.
<u>Day of Treatment (AFTER treatment is completed)</u>	<ol style="list-style-type: none"> 1. Cool, cool cool. The 1st 3 hours are the especially important. Expect your skin to take 24-36 hours to cool. Use cool wash cloths soaked in vinegar water (see comments section ☐). 2. Continue taking all medications as directed. Take acetaminophen (Tylenol) or Ibuprofen (Advil) for discomfort. You may also take an Antihistamine (Zyrtec) for swelling. 3. Apply a paper-thin layer of Stratacel prior to bed 	<ul style="list-style-type: none"> • Mix 8 oz. of water with 1 TBSP. of WHITE vinegar into a bowl. Place in the fridge to have COOL water available (do not let freeze). A clean washcloth can be soaked in the solution and applied to the hot area as frequently as needed. • Keep head elevated the first night and have clean linens under the face.
<u>Day After Treatment</u>	<ol style="list-style-type: none"> 1. Cleanse skin with a gentle cleanser morning and night using only fingertips. 2. Continue cooling skin with the vinegar-soaked washcloths every 3-4 hours, if needed. 3. Apply a paper-thin layer of Stratacel in AM & PM 	<p>We advise purchasing Vitarich Serum (\$58) to apply after the heat is gone.</p> <p>This may be applied as often as needed.</p>
<u>Days 3-7 Post Treatment</u>	<ol style="list-style-type: none"> 1. Cleanse skin with a gentle cleanser morning and night using only fingertips. 2. Start using Aquaphor or Vitarich Serum and re-apply as often as needed to keep skin moist. 4. Resume normal activity at comfort level, however, no swimming, hot tubs, steam rooms, or saunas while redness is present. 	<p>No picking at dry skin as this can cause scarring or hyperpigmentation.</p> <p>Hydrating Facial is recommended 5-7 days post treatment.</p>

***SUN BLOCK MUST BE WORN EVERY DAY AND REAPPLIED EVERY 2 HOURS EVEN IF YOU ARE IN THE CAR.
KEEP SUN EXPOSURE VERY LIMITED FOR THE NEXT 30 DAYS**

Before you leave, be sure to schedule your Hydrating Facial 5-7 days after your treatment. This will improve your outcome and comfort! Please call 970-223-0193 for any questions or concerns.

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