



Fraxel Treatment Pre and Post Instructions

<PersonallInfo.FullName>

<PersonallInfo.DOB>

This is a powerful cosmetic laser procedure. Please read and follow all instructions listed below to learn how to prepare for your treatment and receive the best possible results. This procedure has a recovery period of approximately 7-14 days depending on treatment level and skin response.

**If you have any questions or concerns regarding your treatment or the aftercare, please call (970) 223-0193.
If you have an emergency, please call 911 or visit an emergency room.**

- PREPARING FOR YOUR TREATMENT -

Avoid heavy sun exposure and self-tanning products. Tanned skin cannot be treated.

Stop all exfoliating skin care products 1 week prior to your treatment. This includes retinols and exfoliating cleansers/pads.

Avoid Treatments that may irritate the skin, 1-2 weeks prior. This includes waxing, depilatories etc.

Remove false eyelashes. False lashes will be damaged during your procedure.

Verify your pharmacy is current, pick-up your prescriptions and follow the instructions provided:

Acyclovir (antiviral/for those with a history of cold sores)-
begin 2 days prior to treatment.

*Depending on the area being treated, medications may not apply to you.

Item Checklist

Aquaphor®
Gentle Facial Cleanser
Sunblock (SPF 50+)
Washcloths
White Vinegar
Wide Brimmed Hat
*Hydro-Matrix or VitaRich
available for purchase

- THE DAY OF YOUR PROCEDURE –

PRIOR TO ARRIVAL

- **Eat a meal prior to arrival.** Medications may be provided that can cause nausea on an empty stomach.
- **Remove all makeup and lotions from face.** Face must be completely clean prior to face prep and numbing application.

AFTER TREATMENT IS COMPLETED

- **Do not cleanse the treated area, unless necessary the day of your treatment.** If cleansing is needed, you a gentle, non-exfoliating cleanser.
- **Cool skin with wet washcloth every 20 minutes per hour until bedtime, per comfort.** Soak clean washcloth in a mixture of 8oz. water and one (1) tablespoon of white vinegar and store mixture with washcloth in the refrigerator – **do not freeze washcloth.**
- **Apply Hydro-Matrix or VitaRich to the treated area to keep the skin hydrated.** Product can be applied throughout the day and after each cooling session. Once heat has dissipated, usually on day 3, Aquaphor may be used if desired.
- **You may take an over-the-counter pain reducer such as Acetaminophen or Ibuprofen as directed for discomfort.**
- **Keep treatment area elevated.** Staying elevated will help to reduce swelling.

Post Treatment Skin Condition Expectations

- + Skin will appear red and swollen for **up to 5 days.**
- + Skin will feel itchy, dry and flaky **between days 2-7**
- + **Acne/blemishes may occur** following treatment, this is normal and expected as your skin purges.

Post Treatment Healing Instructions

- + **Stay out of direct sunlight.** Absolutely no tanning or prolonged direct sun exposure for 20 days. Always wear a hat and sunblock
- + **Do not scratch, pick or rub the skin.** It is normal for skin to feel dry and itchy during the healing process.
- + **Do not use any abrasive or exfoliating skin care products** until approved to do so. This includes retinols and exfoliating cleansers/pads.

DAY AFTER (POST TREATMENT)

- **Continue to cool skin with wet washcloths, as needed for comfort.** Soak clean washcloth in a mixture of 8oz. water and one (1) tablespoon of white vinegar and store mixture with washcloth in the refrigerator – **do not freeze washcloth.**
- **You may begin cleansing the area with a gentle (non-exfoliating) cleanser.** Do **not** scrub the area or use a washcloth.
- **Start Aquaphor® or approved products as directed to keep skin as hydrated as possible.** It is normal for skin to feel extremely dry; hydration is very important for the healing process.

DAYS 3-7 (POST TREATMENT)

- **A Hydrating facial is recommended between days 4-7 to help with skin hydration and gentle exfoliation of flaking skin.** An appointment for a hydrating facial can be made during your laser appointment, or by calling to schedule after your treatment. Receiving a hydrating facial will improve your result and provide comfort during the healing process.
- **Continue cleansing skin with an approved, gentle cleanser day and night.** Do **not** scrub the area or use a washcloth.
- **Your normal skin care regimen may resume once your provider has determined your skin has healed to an appropriate condition.** Do not resume any exfoliants, retinols, or shaving until approved to do so.

SUN BLOCK MUST BE WORN EVERY DAY AND REAPPLIED EVERY TWO (2) HOURS, EVEN WHEN NOT IN DIRECT SUNLIGHT. KEEP SUN EXPOSURE VERY LIMITED FOR THE NEXT 30 DAYS.