

## Fraxel® Laser Treatment Aftercare

Taking Care of your skin after a Fraxel laser procedure is as important as the actual procedure. Listed below are instructions to follow and things that you may see during the healing process.

### Skin Care:

- Use plenty of Spf 35+ UVA&UVB several times a day and avoid large amounts of sun exposure if at all possible. If sun exposure is necessary, wear clothing that covers the treated area.
- Apply a light cream moisturizer whenever the skin feels dry. Heavy ointments such as Vaseline may clog your pores and cause mild breakouts. Drinking plenty of water is also helpful to alleviate dry skin.
- Do not use abrasive scrubs or toners for a week after your treatment. Allow skin to fully heal before returning to normal skin care. **READ YOUR LABELS!** If your products have Glycolic acids or Retinols in them, discontinue use for 2 weeks before your procedure and 2 weeks post treatment.
- Cleanse and moisturize daily with gentle products
- Just use your fingertips to cleanse skin for the first week after treatment. Remember that your skin is fragile and needs time to repair itself.
- If you have a history of cold sores, take 2gms Valtrex the morning of your treatment & 2gms Valtrex 12 hrs after your treatment. Then take 1gm daily for 3 more days after your treatment. Repeat dosage with each treatment to prevent outbreaks.
- If indicated by physician, restart HQ 4% Bleaching cream 5-7 days after treatment. Apply 2 times per day, stopping 1 day prior to your next treatment.
- Use Dr Ingber recommended skin care regime following your fraxel.
  1. Cleanse with a mild cleanser such as our gentle green tea cleanser, or cetaphil.
  2. Apply TNS recovery complex
  3. Apply Ceramide Treatment Cream
  4. Apply light moisturizer such as Skin Medica Ultra Sheer or Dermacure Featherweight.
  5. Apply oil free sunscreen such as Environmental Defense by Skin Medica with caffeine and green tea extracts.
  6. If directed bleaching cream may be applied before moisturizer.

### What to Expect:

- **Swelling-** usually will last 2-3 days; however in some cases can last up to 6 days, and will often appear the worst on the day after treatment, especially around the eyes. Sleep elevated the first night.
- Apply cool compresses for 24-48 hours. Examples include: washcloths soaked in ice water, ice packs, frozen gels mask.
- Try to avoid salt and alcohol for the first 24 hours- this will help reduce swelling.
- **Redness-** can be covered up with makeup immediately after treatment if so desired; slight redness could remain for up to 1 week.
- **Dry Skin-** this procedure tends to cause the skin to flake and feel dry- this is normal and should resolve within a week. If you have areas of raw skin post treatment, keep them moist with a healing ointment, such as Aquaphor or Bacitracin. **DO NOT APPLY BAND-AIDS.** They will heal on their own very rapidly and without incident.

Healing time also varies from person to person. Be patient with your healing process. We are confident you will begin to see improvement of your skin texture shortly after your very first treatment.