

Important Precautions to Consider before your Fraxel® Laser Treatment

Six to Twelve Months Before Treatment:

- Stop use of Accutane

Two Weeks Before Treatment:

- Stop use of all Retinols
- Retin-A, Renova, Tazoraz, “anti-aging” products
- Stop use of glycolic acid products/treatments
- Stop excessive sun exposure
- Stop waxing
- Use HQ 4% Bleaching Cream 2 times per day 7-14 days as needed, if instructed by doctor.

One Week Before Treatment:

- Stop abrasive scrubs
- Stop microdermabrasion treatments
- Talk to your doctor if you have ever had a cold sore. If so, take 2gms Valtrex the morning of your treatment and 2gms Valtrex 12 hours after your treatment. Then take 1gm Valtrex daily for 3 more days after the treatment. Repeat dosage with each treatment to prevent breakouts.

Other Pre-Treatment Suggestions:

- Are you pregnant or breastfeeding? If so, you are not a candidate at this time.
- Stay Hydrated! Drink plenty of water before; during, and after your treatment, it can greatly increase the healing period.
- Tendency to hyperpigment? Talk to your doctor about starting a bleaching regimen before your treatment series.
- Be prepared! Two weeks post treatment it is a good idea to avoid excessive sun exposure. Please apply a 35spf or higher daily.