

## POST-PROCEDURAL INSTRUCTIONS

### Fraxel Dual Laser Treatment

Please follow these instructions as closely as possible. They are designed to help you heal quickly, and comfortably, with minimal side effects. If you experience any complications, please call our office.

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Fraxel Laser Treatment produces side effects. The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics. Generally, patients who are treated more aggressively experience more intense and longer lasting side effects; however, some patients who receive a less aggressive treatment may experience side effects of greater expected magnitude, while others receiving more aggressive treatments may experience side effects of less than expected magnitude. Notify your physician if the severity of your side effects becomes a problem to you.

#### WHAT YOU MAY FEEL AND LOOK LIKE

- Immediately after the treatment, you will experience **redness**, **swelling**, and sometimes **pinpoint bleeding**. You will notice most of the swelling on the first morning after treatment, particularly under the eyes. Swelling usually lasts 2 to 3 days. To minimize swelling do the following:
  - Apply cold compresses to the treatment area for 10 minutes of every hour on the day of treatment, until you go to bed.
  - Sleep elevated the first night. Use as many pillows as you can tolerate.
- Heat sensation can be intense for the following 2-3 hours. Occasionally oozing can occur in the isolated areas for a few days as well.
- Over the next few days, redness may worsen. Swelling may be significant and cause some discomfort.
- You may also notice that your skin appears bronzed, or little dark dots will appear on the treated area. Your skin may feel dry, peel, or flake. You may notice a “sandpaper” texture a few days after treatment. This is the treated tissue working its way out of your body as new fresh skin is regenerated.
- This dead skins is a normal result of laser treatment, and should start sloughing off 3 to 4 days after the treatment. Most patients complete this process in 5 to 7 days after a treatment on the face (on off-face areas, such as hands/arms, where healing is slower, the process may take up to 2 weeks).
- Once the sloughing is complete, you may notice some pinkness over the next few weeks. Most redness resolves during the first week after treatment, but a rosy “glow” can remain for several weeks. If you wish, you can apply makeup to minimize redness.
- Some patients have also experienced itching.

## HOW TO CARE FOR YOUR SKIN AFTER TREATMENT

Congratulations! You have taken the first step toward a more healthy and radiant looking skin by having Fraxel Dual Laser treatment. Now it is important to help your skin heal quickly and protect your skin investment.

Your after treatment skin care regimen is tailored to the treatment you received today.  
Follow the instructions as checked below:

- **Immediately After Treatment.** Use a bland moisturizer or very thin layer of petrolatum ointment. Use petrolatum ointment to cover any area with oozing and keep moist. Use of icepacks helps alleviate the heat sensation. You may also cleanse your face with mild cleanser.
- **First Few Days.** Continue cleansing and moisturizing over the next few days. Once the sloughing starts, please allow your skin to heal and **DO NOT** scrub, rub, or use exfoliants. Keep clothing away from treated body parts as much as possible to avoid irritation.
- **First Week of Healing.** Keep treated area clean; avoid smoking, excessive alcohol consumption, excessive exercise, perspiring, swimming, or exposing skin to heat and sun.
- **Skin Care Products.** All of your skin care products should non-irritating and non-clogging for the first week or so after a Fraxel treatment.
- **Scrubs, Toners, Glycolic Acid, Retin A.** Your skin will be sensitive for the first week or so after treatment. Do not use products that will cause irritation during this time. Do not use abrasive scrubs, toners, or products that will contain glycolic acids or Retin A. Read the product labels.
- **Normal Skin Care Regimen.** Once the sloughing is complete, you may resume your routine skin care and makeup products, as long as they are tolerable to you.
- **Sunscreen.** It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. Once sloughing is complete, use sunscreen daily for at least 3 months after your last treatment. Apply sunscreen 20 minutes before going outside, and again immediately before. Reapply sunscreen every 2 hours, if direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Your practice of diligent sunscreen use may lower the risk of laser-induced hyperpigmentation (darker color).
- **Moisturizers.** Remember that peeling and/or flaking is normal during healing process. Therefore, the moisturizer you use should be non-irritating and non-clogging, or else you could develop breakouts. During the healing period your normal moisturizer may be too occlusive.
- **Bleaching Creams.** Discontinue use of your bleaching cream while your skin is tender. Restart your bleaching cream on \_\_\_\_\_.
- **Resume your normal skin care regimen wen your skin has fully healed.**
- **Cold Sores.** If you have a history of cold sores ask your physician about care.
- **Abnormal Healing.** 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 any other problems, please contact us as soon as possible.
- **Questions/Concerns.** Post treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office at (501)-623-4485.

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Patient Signature

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Date/Time

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Staff Signature

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Date/Time