Pre/Post Fraxel

3 months before treatment:
Stop excessive sun exposure - wear sunscreen daily

6-8 weeks before treatment:
If skin is pigment-prone, Dr. Black will instruct you to apply **<u>Hydroquinone</u>** twice daily to your face

2 weeks before treatment:
- Stop retinol and retinoid - containing products, including SkinMedica, SkinCeuticals, Avene or over-the-counter retinol, Retin-A, Tazorac, Renova, Refissa, Atralin, Differin, Ziana, Veltin or Tretinoin
- Stop glycolic and salicylic acid products and abrasive scrubs
- Stop microdermabrasion, SkinPen (microneedling) and chemical peels
- If you have a history of fever blisters or cold sores, call Dr. Black, Brooke Smart FNP or Cheryl Sundlov PA-C for a preventative medication to take for each treatment
- Arrange a ride to the office for your treatment if you will be given pain or anxiety premedication by Dr. Black

Start the day of treatment: (to prevent fever blisters, if prescribed by Dr. Black or Brooke or Cheryl)
- Valtrex 500 mg one tablet twice daily for 4 days or
- Famvir 250 mg one tablet twice daily for 4 days
- On the day of treatment: <mark>Remove all mascara and make-up before your appointment.</mark> Small bits of mascara or other color makeup can get lasered into the skin surface if not removed.

After each treatment:
- For the first three days following the procedure cleanse with EltaMD foaming cleanser and apply EltaMD Laser Enzyme Gel (if acne-prone) or EltaMD Barrier Repair Cream (if not acne-prone) at least three times daily. Heavy ointments such as Vaseline may clog your pores and cause breakouts. Use your fingertips to cleanse skin for the first 2-3 days after treatment, then you can cleanse gently with a washcloth.
- Beginning on day four, continue to cleanse with EltaMD Foaming Cleanser morning and night and you may switch to your regular moisturizer 2-3 times daily.
- Beginning the day after your Fraxel apply EltaMD UV Elements sunscreen if you go outdoors (even just in the car) and avoid large amounts of sun exposure for two weeks after treatment. If sun exposure is necessary, wear clothing that covers the treated area, such as a broad - brimmed hat. You can apply the EltaMD sunscreen over the Elta Laser Enzyme Gel or EltaMD Barrier Renewal cream if you go outside in the first three days after Fraxel. Continue using the EltaMD sunscreen for 10 days after Fraxel, then, if you wish, you can switch to your regular daily sunscreen.
- Do not use abrasive scrubs or toners for two weeks after treatment. If your products have Glycolic acids or Retinols in them, you may restart them two weeks post treatment.

***To optimize healing and reduce redness more quickly, Dr. Black recommends TNS Recovery Complex, which contains growth factors derived from skin cells that speed the healing process ($179.00). Apply twice daily for ten days after each treatment, under sunscreen.

What to Expect after each treatment:
- *Swelling*- usually will last two to three days, and will often appear the worst on the day after treatment, especially around the eyes. To help reduce swelling, sleep elevated the first 2 nights on an extra pillow. Apply cool compresses for 24-48 hours. Examples include: washcloths soaked in ice water or the refrigerated gel mask that you get from our office. Try to avoid eating excess salt or drinking alcohol for the first 24 hours- this will also help reduce swelling. You can also take 2-3 OTC ibuprofen (200mg each) three times daily to help reduce inflammation.
- *Redness*- can be covered up with makeup immediately after treatment if so desired. The EltaMD Elements sunscreen is slightly tinted also. Slight redness can persist for up to one week.
- *Peeling*- the procedure causes the skin to flake and feel dry or rough - this is normal and should resolve within a week.
- If you have areas of raw skin post treatment, keep them moist with a thicker ointment like Aquaphor or Cicalfate (from our office). Do not apply band-aids, but keep them moist and *do not pick at them* and they will heal on their own very rapidly.

Las Colinas DERMATOLOGY