

Pre/Post Fraxel

3 months before treatment:

- Stop excessive sun exposure - wear at least SPF 30 sunscreen daily

6-8 weeks before treatment:

- If skin is pigment-prone, we will have you apply a **Hydroquinone** prescription cream or **SkinCeuticals Discoloration Defense** serum twice daily to your face

1 week before treatment:

- Stop retinol and retinoid - containing products, including SkinMedica, SkinCeuticals, Avene or over-the-counter retinol, Retin-A, Tazorac, Renova, Arazlo, Altreno, Akliel, Differin, Ziana, 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, Dr. Black, Brooke Smart FNP or Cheryl Sundlov PA-C will prescribe a preventive medication to take for each treatment
- Arrange a ride to and from the office for your treatment if you will be given pain or anxiety premedication (This is almost everyone). You will be at the office for about 2 1/2 hours.

Start the day of treatment: (to prevent fever blisters, if prescribed)

- Valtrex 500 mg one tablet twice daily for 4 days or
- Famvir 250 mg one tablet twice daily for 4 days
- Remove all mascara and make-up before your appointment. 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 SkinCeuticals Soothing Foam cleanser and apply SkinCeuticals CE Ferulic serum each morning and SkinCeuticals Phyto Corrective Masque at least three times daily. Avoid heavy ointments such as Vaseline or Aquaphor, which 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 SkinCeuticals Soothing Foam Cleanser morning and night, continue SkinCeuticals CE Ferulic Serum each morning, and you may switch to your regular moisturizer 2-3 times daily.
- Beginning the day after your Fraxel, apply SkinCeuticals Physical UV Defense sunscreen if you go outdoors (even just in the car) and avoid significant 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 sunscreen over the Phyto Corrective Masque if you go outside in the first three days after Fraxel. Continue using the SkinCeuticals Physical UV Defense 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 adding TNS Recovery Complex, which contains growth factors derived from skin cells that speed the healing process (\$230.00). Apply twice daily for 2 weeks after each treatment.
- For 4 days after treatment, avoid heavy exercise, swimming, heavy sweating, or exposure to wind.

What to Expect after each treatment:

- Heat sensation - felt immediately after the laser treatment and resolves within a few hours
- 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 frozen peas in a plastic ziplock. 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- You will have a sunburn-like redness immediately after treatment. Slight redness can persist for up to one week. Very rarely, prolonged redness (weeks or months) can occur.
- 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 the areas moist and do not pick at them and they will heal on their own rapidly.

