

FRAXEL DUAL POST-TREATMENT INSTRUCTIONS

WHAT TO EXPECT AFTER TREATMENT:

- Immediately after the treatment, you will experience redness, swelling, and a warm sensation in the treated area. The degree of these effects depends on the sensitivity of your skin and the strength of the laser treatment.
- The sensation of heat may last 2-3 hours following treatment.
- You may experience the most swelling on the first day after the treatment, particularly under the eyes. This may be reduced by frequent ice packs or cold compresses for 10 minutes every hour or two. Sleeping elevated on a few pillows will reduce morning swelling. Redness and swelling may worsen gradually for up to 2-3 days and then will begin to subside.
- Your skin will feel dry and rough and you will notice a “bronzed” appearance due to the small dark dots of treated skin.
- The skin will begin to flake or peel around day 3 post-treatment and this may continue for 3-5 days. This process may be longer for areas, such as the neck, chest, or hands; some people experience mild itching during this process; once the peeling is complete, your skin will appear smooth and you may have slight residual redness. At this time it is OK to apply makeup.
- Some people get a temporary acne breakout shortly after healing. Your doctor may give you additional skin care instructions if you have acne prone skin.

HOW TO CARE FOR YOUR SKIN AFTER TREATMENT:

- Use gentle cleanser, such as Aveeno, Cetaphil, or Cerave at least twice a day. Wash gently with your finger tips; do not scrub.
- Keep your skin moisturized, especially while it is peeling. Post Laser gel or Aquaphor Healing Ointment (available OTC) can be applied several times a day. If your skin is acne prone, use a lighter moisturizer, such as Cetaphil or Cerave.
- Do not pick or scrub peeling skin; let it peel off naturally or scarring may occur.
- If you normally use Retin-A, glycolic acid, bleaching creams, or other anti-aging products; hold off using those until your skin is completely done peeling (approx. one week).
- Notify your physician immediately if you develop any pain, scabbing, bleeding, areas of raw skin, pustules bumps, blisters, or pigment changes (Darkening more than your normal skin tone).
- Sun protection is essential to prevent discoloration of the skin as its healing. You should wear a chemical-free sunscreen that is above 30 SPF, such as Elta MD. A hat and sunglasses will give you extra protection.