



comprehensive dermatology

OF LONG BEACH

FRAXEL DUAL POST TREATMENT INSTRUCTIONS

What to expect after the treatment:

- Immediately after the treatment, you will experience redness, swelling and a warm sensation in the treated areas. The degree of these effects depends on the sensitivity of your skin and the strength of the laser treatment.
- The heat sensation may last 2 to 3 hours after 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. 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.
- The skin will begin to flake or peel around day 3 after the treatment, and this may continue for 3 to 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, you can resume wearing 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.

Notify your doctor immediately if:

- You develop a cold sore. If you have a history of cold sores, please make sure your doctor knows before the procedure and they will prescribe medication that you take prior to the treatment to prevent a flare up.
- You develop any pain, scabbing, bleeding, areas of raw skin, pustules bumps, blisters, or pigment changes (darkening more than your normal skin tone).

How to care for your skin after treatment

- Use the Tolerance gentle cleanser provided, at least twice a day. Wash gently with your fingertips, do not scrub. You may also use Aveeno, Cetaphil, or CeraVe gentle cleansers. **DO NOT** use products that will cause irritation during this time. **DO NOT** use abrasive scrubs, toners, or products that contain glycolic acid or Retin-A.
- After cleansing skin spray the treated area with **POST PROCEDURE RECOVERY SPRAY**. **Avoid spraying in eyes.**
- Keep your skin moisturized, especially while it is peeling. The Cicalfate cream provided can be used multiple times a day, you may also use Aquaphor healing ointment and if you are prone to acne, you may want to use a lighter moisturizer, such as Cetaphil or CeraVe.
- **DO NOT PICK OR SCRUB** peeling skin: let it peel naturally or scarring and discoloration 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. 7-10 days)
- Sun protection is essential to prevent discoloration of the skin as it is healing. Please wear a chemical-free sunscreen that is 30 SPF or greater, such as Elta MD (we carry this in the office if needed). A hat and sunglasses will also help with extra protection.

please do not hesitate to contact us if you have any questions or concerns! We can be reached any time at 562.256.9929, if it is after hours, our service will contact your doctor and they will call you back.