



## MANHATTAN DERMATOLOGY

### FRAXEL LASER TREATMENT INSTRUCTIONS

#### IMMEDIATELY AFTER + FIRST FEW DAYS AFTER TREATMENT

- Ice packs can really help alleviate the heat sensation. Start using the post-procedure kit provided to you after treatment and over the next few days. Use petrolatum ointment (Aquaphor) to cover any area with scabbing and keep it moist. You may also cleanse your face with a mild cleanser.

#### FIRST WEEK OF HEALING

- Keep treated area clean, avoid smoking, excessive alcohol consumption, excessive exercise, perspiring, swimming, or exposing skin to heat and sun.

#### HOW YOU MAY LOOK AND FEEL

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 2-3 days. To minimize swelling, please 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 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 skin is a normal result of laser treatment, and should start sloughing off 3-4 days after the treatment. Most patients complete this process 5-7 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 the redness.
- Some patients have also experienced itching.

#### SKIN CARE PRODUCTS

- All of your skin care products should be non-irritating and non-clogging for the first week or so after a Fraxel treatment. Examples of brands that offer very gentle and inexpensive products that are ideal to use (e.g., Aveeno, CeraVe, Neutrogena, Cetaphil).
- 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 contain glycolic acid or Retin-A.
- Remember that peeling and/or flaking is normal during the 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, so consider products from the brands listed above. Reapply whenever your skin feels dry.
- Discontinue use of your bleaching cream while your skin is tender. Restart your bleaching cream 7-10 days following treatment.
- It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA/UVB) and have a sun protection factor (SPF) of 30 or more. Once sloughing is complete, use sunscreen daily for at least three months after your last treatment. 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).
- Once the sloughing is complete and your skin has fully healed, you may resume your routine skin care and makeup products, as long as they are tolerable to you.

#### WHAT TO EXPECT AFTER TREATMENT

- 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-than-expected magnitude, while others receiving more aggressive treatments may experience side effects of less-than-expected magnitude. This is quite normal.

*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 call us immediately. A physician can always be reached after hours through the answering service. We are happy to speak with you any time: (310) 546-1188.*