



PRE AND POST-TREATMENT CARE

Fraxel 1550nm/1927nm

Pre-Treatment Instructions:

- If you have a history of cold sores, please inform your provider prior to treatment. They may want to send in a prescription for you to take prior to treatment to eliminate the chances of you developing a cold sore.
- Do NOT use the following products 5 days prior or 5 days after your treatment (or until your skin is back to normal): Retin-A, retinoids, harsh scrubs/exfoliating products and bleaching creams (unless instructed otherwise by your provider). Darker skin types may need to start a topical bleaching cream 4 weeks before treatment.
- Avoid sun exposure 2 weeks before and 2 weeks after treatment. Sun may cause adverse reactions, as well as make pigmentation worse.
- Avoid Botox and/or dermal filler injections for at least 2 weeks before and 2 weeks after treatment.
- Please notify your provider if you are taking any medication that may thin the blood as this may cause excessive bruising. **DO NOT STOP ANY PRESCRIBED MEDICATION ON YOUR OWN WITHOUT DISCUSSING IT WITH YOUR PROVIDER.**

Post-Treatment Instructions:

- Apply cool compresses, as needed for 10-20 minutes at a time for 24-48 hours post procedure (i.e., wash cloth soaked in ice water, ice packs, frozen gel mask).
- To reduce swelling/bruising, avoid alcohol and excess salt for the first 24 hours. Also, sleep on your back with your head elevated for the first night.
- Apply a post-treatment lotion 2-4 times a day, or as needed, for at least 7 days after treatment. You may also use Vaseline, Aquaphor, or Hydra Balm as needed, especially in areas of increased flaking, dryness, and/or tenderness.
- Apply sunscreen if possible sun exposure may occur (i.e., driving). Be sure to reapply every 2 hours.
- Cleanse the treated area with a gentle cleanser and cool water for the first day of treatment; thereafter, you can use lukewarm water when washing your face until your skin has completely healed. Apply cleanser to fingertips and cleanse skin in a gentle motion. Do not exfoliate or scrub the scabs off. Continue using your gentle cleanser until skin is fully healed.

What to Expect:

- Swelling usually lasts 4-6 days. If this is your second treatment, swelling may appear worse.
- Slight redness may remain up to 1-2 weeks after treatment.
- Your skin may flake and feel dry; this should resolve within 1 week. Applying your post-treatment cream/lotion or balm, as needed, will help with this part of the healing process.
- Excessive scabbing, pain, or pustules should be reported to the office right away.

If you have any questions or concerns, please call the office at (603) 742-5556.