

## **FRAXEL – Post Treatment**

**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 side-effects that last longer. However, some patients have greater than “expected” reactions to less aggressive treatments and others have fewer side-effects to aggressive treatments than would ordinarily be expected. Notify your physician if the severity of your side-effects becomes a problem for you.

**Swelling** – You will notice most of the swelling on the first morning after treatment, particularly under the eyes. Swelling usually lasts two to three days. To minimize swelling 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.

**Redness** – 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 immediately after treatment to minimize the redness.

**Dry Skin** – 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 generated.

**Bronzing, Crusting and Small Dark Dots** – Fraxel Laser treatment causes destruction to microscopic cylinders of skin which then exfoliate during the healing process. In individuals with heavily pigmented skin, or in areas where sun damage has produced pigmented lesions, these microscopic wounds, known as MENDs, contain large amounts of melanin. Because there are so many MENDs, they can make the skin look bronzed, or small areas appear crusted (do not try to scratch them off). When high energies are used to produce deep and wide lesions, The MENDs can sometimes be seen as individual dark dots. On the face, the MENDs will shed within seven to ten days. Off the face, it may take as long as three weeks for MENDs to shed.

**Raw Skin** – If you develop areas of raw skin post treatment, keep them moist with something like Aquaphor or Bacitracin. You do not need to apply band-aids, but keep the areas moist and **do not pick at them**. They will heal very rapidly on their own and without problems.

**How to Care for Your Skin After Treatment**– You have taken the first step toward more healthy and radiant looking skin. Now it is important to help your skin heal quickly and protect your skin investment.

**Skin Care Products** – All of your skin care products should be non-irritating and non-clogging for the first week or so after treatment, such as Aveeno, Dove, Neutrogena and Cetaphil.

**Sunscreen** – According to the American Academy of Dermatology, proper and frequent application of sunscreen is very important. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. You should first apply sunscreen 20 minutes before going outside, and again, immediately before. After that, reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen during the healing period and always. You will probably find that you use about 1 bottle of sunscreen per month, rather than the 1 bottle per year that most people use.

**Moisturizer** – Remember that peeling and/or flaking is normal during the healing process. Therefore, the product should be non-irritating and non-clogging, or you could develop breakouts. During the healing period your normal moisturizer may be too occlusive, so consider products from the brands listed above. Instead of using 2 separate products, use moisturizers that contain SPF30+. Reapply whenever your skin feels dry.

**Scrubs, Toners, Glycolic Acid, and Retin A** – Your skin will be sensitive for the first week or so after treatment, so do not use products that will cause irritation during this time. Do not use abrasive scrubs, toners, or products that contain glycolic acids or Retin A. Read the product labels.

**Bleaching Creams** - Discontinue use of your bleaching cream while your skin is tender. Restart your bleaching cream on: \_\_\_\_\_.

**Resume your normal skin care regimen when your skin has fully healed.**

**Cold Sores** – If you have a history of cold sores, ask your doctor about care!

**Other Instructions** – For any problems or questions; call Dr. Rothfield at 954-389-7999.