



Fraxel Laser Treatment Aftercare

Taking care of your skin after a Fraxel procedure is as important as the actual procedure itself!! Listed below are instructions to follow and things that you may see as your healing progresses.

Skin Care:

- Use plenty of SPF 30+ several times a day and **avoid sun exposure**. If sun exposure is necessary, wear clothing that covers the treated area.
- Keep your skin moisturized! Apply a light cream moisturizer whenever feeling dry. Heavy ointments such as Vaseline may clog your pores and cause mild breakouts. Drinking plenty of water is also helpful to alleviate dry skin.
- Cleanse and moisturize daily with light, plain products such as: Skin Medica's Ceratopic, Aveeno, Dove, Neutrogena, Cetaphil, etc.
- Do not use abrasive scrubs or toners for **one week** after the last treatment. Use your fingertips to cleanse skin for the first week after treatment. Remember that your skin is fragile and needs time to repair itself. Allow skin to fully heal before returning to normal skin care.
- **READ YOUR LABELS!** If your products have Glycolic acids or Retinols in them, discontinue use for two weeks before and after treatment. (Four weeks total)
- If you have a history of cold sores, ask your doctor about care.

What to Expect:

- **Swelling:** usually will last two to three days, and will often appear worst one day post treatment – especially around the eyes. **Sleep elevated the first night.**
- **Redness:** can be covered up with makeup immediately after treatment if so desired, but is not recommended. Slight redness could remain for up to one week.

- **Dry Skin:** this procedure tends to cause the skin to flake and feel dry – this is normal and should resolve within a week.
- If you have areas of raw skin post treatment, keep them moist with something like Aquaphor or Bacitracin. You do not have to apply band-aids, but keep them moist and do not pick at them. They will heal on their own very rapidly and without incident.

Healing time varies from person to person. Be patient with your healing process. We are confident you will see improvement of your skin texture even after the first treatment.