



Fraxel Dual Post Care Instructions

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. Notify our office if the severity of your side effects becomes a problem for you.

What you may feel and look like:

Immediately after your 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 two to three days. The following will minimize your swelling:

- Sleep elevated the first night. Use as many pillows as you can tolerate.
- Apply cold compresses to the treatment area for 10 minutes of every hour on the day of treatment until you go to bed.

Heat sensation can be intense for 2-3 hours following your treatment. Occasionally, oozing can occur in isolated areas for a few days following your treatment. Over the next few days, redness may worsen. Swelling may be significant and cause discomfort.

You may 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 post treatment. This is the treated tissue working its way out of your body as new skin is generated. This dead skin is a normal result of laser treatment, and should start sloughing off 3-4 days after your treatment. Most patients complete this process 5-7 days after a treatment on the face. Off-face areas such as hands/arms, where healing is slower, this process may take up to 2 weeks.

Once 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” may remain for several weeks. If you wish, you can apply makeup to minimize the redness. Some patients have also experienced itching.



How to Care for Your Skin Post Treatment:

Immediately after treatment:

Apply Alastin Regenerating Skin Nectar or EltaMD Silver Gel. The use of icepacks helps alleviate the heat sensation. You may also cleanse your face with a mild cleanser such as Alastin Gentle Cleanser or Sanitas Sensitive Skin Cleanser.

First Few Days:

Continue Cleansing with your Alastin or Sanitas cleanser over the next few days. Once the sloughing starts, allow your skin to heal and DO NOT scrub, rub, or use exfoliants. Keep clothing away from treated body parts as much as possible to avoid irritation. You may add Alastin Sooth + Protect Recovery Balm to your regimen.

First Week of Healing:

Keep treated area clean. Avoid smoking, excessive alcohol consumption, excessive exercise, perspiration, swimming, or exposing skin to heat and sun. Do not use scrubs, Retin-A, Glycolic or Salicylic Acids, or Hydroquinone.

Skincare Products:

All of your skincare products should be non-irritating and non-comedogenic for the first week or so after your Fraxel treatment. Please consult with your laser technician on which products would be best for you. Once your skin sloughing is complete, you may resume your normal skincare and make-up products, as long as they are tolerable to you.

Sunscreen:

It is very important that you are using a daily physical sunblock. Apply 20 minutes prior to going outside, and reapply every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that will cover the treated areas.

Cold Sores:

If you have a history of cold sores, you will need to pretreat with an antiviral.

Abnormal Healing:

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 contact our office as soon as possible.