

Fraxel® re:store DUAL Laser Treatment Information

Fraxel® Laser Treatment is a fractional resurfacing technology that utilizes two laser wavelengths to treat the skin's surface and stimulate collagen beneath to treat fine lines, wrinkles, brown spots, sun damage, age spots, surgical scars, and acne scars. This treatment is customized to each individual's needs and based upon the treatment goals you discuss with your physician.

Before Your Procedure

- You will be red and notice the greatest amount of swelling on the morning after treatment. The intensity and duration of these side-effects depends on the aggressiveness of your treatment and how you heal. It is best not to schedule this treatment within 2 weeks of an engagement for which you have concern about your appearance.
- At least 2 weeks prior to treatment:
 - discontinue use of any products that contain glycolic acid, retinoids, or retinol
 - stop all active tanning, either outdoors or tanning booth (no need to restrict self-tanning products)
 - avoid having any microdermabrasion or chemical peel treatments
- Do not have any laser or other light-based treatments until your series of Fraxel® Laser Treatments is complete, unless approved by our office.
- Notify our staff if you have a history of cold sores, as we may advise you to take preventative medication in the days leading up to and after your procedure.
- Plan to use non-irritating and non-clogging skin care products for the first week or so after treatment such as Cetaphil® or CeraVe®. Use a moisturizer that has SPF 30+ sunscreen in it. Our office will also have a recommended post-procedure kit with products that have been chosen to support treatment results and encourage healing.

The Day of Your Procedure

- Arrive to the office at your scheduled appointment time with **clean skin without makeup** and **hair pulled back** from your face into a pony tail or with a headband (if treating the face). Avoid wearing necklaces or hanging earrings.
- The first part of your appointment will be spent with a clinical staff member who will answer any remaining questions you may have, take pre-treatment photos, facilitate signing of your consent form, and apply a topical numbing cream/ointment to the treatment area. This numbing cream must remain on the skin for 60 minutes prior to the Fraxel® treatment during which time you will be waiting in the exam room. After 60 minutes of numbing, the doctor will come in to perform the laser treatment, which can last anywhere from 10-30 minutes, depending on the size and complexity of the area being treated.

What to Expect After Treatment

Fraxel® Laser Treatment produces side effects. The intensity and duration of your side effects depends on the aggressiveness of your treatment 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 intense 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 your physician if the severity of your side effects becomes a problem for you.**

WHAT YOU MAY FEEL AND LOOK LIKE:

- 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 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.
- **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 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**.

How to Care for Your Skin After Treatment

Now that you have taken the first step toward more healthy and radiant looking skin by having a Fraxel laser treatment, it is important to help your skin heal quickly and protect your skin investment.

IMMEDIATELY AFTER TREATMENT

Use a very thin layer of petrolatum ointment (i.e., Aquaphor®). Use petrolatum ointment to cover any area with oozing and keep moist. Keep the ointment on for the remainder of the day. Use of icepacks helps alleviate the heat sensation. Before bed, you may also cleanse your face with a mild cleanser and apply a very thin layer of ointment.

FIRST FEW DAYS

Continue gentle cleansing and moisturizing over the next few days. Once the sloughing starts, please allow your skin to heal and DO NOT scrub, rub, pick, or use exfoliants. Keep clothing away from treated body parts as much as possible to avoid irritation.

FIRST WEEK OF HEALING

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

NORMAL SKIN CARE REGIMEN

Once the sloughing is complete, you may resume your routine skin care and make-up products, as long as they are tolerable to you. ONLY resume your normal skin care regimen when your skin has fully healed.

ADDITIONAL CARE INSTRUCTIONS:

- *Follow-Up* – It is essential that you attend any follow-up appointments recommended by your physician and be prepared to receive follow-up calls from our staff to check on your progress so that we can ensure the best possible outcome for your treatment.
- *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, such as Cetaphil®, CeraVe®, or the products recommended by our office. 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 acids, retinol, or Retin A.
- *Sunscreen* - It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. Once sloughing is complete, use sunscreen daily. Apply sunscreen 20 minutes before going outside, and again, immediately before. Reapply sunscreen every 2 hours. 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).
- *Moisturizer* - 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.
- *Bleaching Creams* - Discontinue use of your bleaching cream while your skin is tender.
- *Cold Sores* - If you have a history of cold sores, ask your doctor about care!

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 us as soon as possible.

Questions/Concerns ?

Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact the office at 203-792-4151.