



skin body soul

Post Fraxel 1550/1927

Instructions

1. **CLEANSE:** Cleanse gently in a.m. & p.m. with a gentle cleanser. You may use one of the gentle cleansers from our spa or you may purchase a mild over the counter cleanser such as Cetaphil. Please make sure it contains no acids or physical scrubs. Continue for 1 week.
2. **MOISTURIZE:** Apply moisturizing ointment to entire treated area at least 2-3 times daily, or as needed when skin feels dry. You may use Skin Ceuticals Epidermal Repair or over the counter moisturizer (make sure it is chemical free). Continue for at least 3 days or as needed.
3. **PROTECT:** Make sure to apply sunscreen daily (SPF 30 or higher) to treated area at least 15 min. before any casual sun exposure. If out in the sun for an extended period of time reapply sunscreen every two hours as needed. We advise no direct sun for at least 2 weeks after your treatment to avoid significant sun burns (including tanning beds) and other complications such as abnormal pigmentation. You may also begin wearing makeup at this time as long as there are no open sores. Do not apply make-up over any open areas. It is best to use a mineral based make-up or a chemical free make-up. We offer Jane Iredale mineral make-up at Lake Medical Spa. Feel free to call for a make-up consultation appointment.
5. A mild exfoliant can be used starting on day 4 to help reduce the amount of peeling.

What to expect after your treatment:

- Swelling – you will notice most of the swelling on the first morning after your treatment, particularly under the eyes. Swelling usually lasts 3-4 days. There are a few things you can do to reduce/minimize swelling. It is important to sleep with your head elevated for 2-3 days following your treatment. You may apply cold compresses or refrigerated face masks for up to 20 minutes every hour on the day of treatment. Ibuprofen may also be taken up to 400mg every 4 hours for 24 hours following your treatment. It is recommended to avoid any exertional activity, hot baths, saunas, excessive cold for at least 48 hours after your treatment.

- Redness – Most redness resolves during the first week after your treatment, but a “rosy glow” can remain for several weeks. If you wish, you can apply make-up immediately after your procedure, however, we recommend to wait at least 2 days to allow your skin time to heal before applying make-up.
- Bronzing, crusting, and small dark dots – Fraxel Laser treatment causes destruction to microscopic cylinders of skin which then exfoliates during the healing process. In individuals with heavily pigmented skin, or in areas where sun damage has produced pigmented lesions, these microscopic wounds contain large amounts of melanin (skin pigmentation). Because there are so many of the microscopic wounds, 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, sometimes you will notice several individual dark dots. On the face, the skin will shed within 7-10 days. On other areas of the body, it may take up to 3 weeks for the skin to shed.
- Flaking- It is important not to pull off the peeling/flaking skin. It is necessary to allow the skin to shed naturally.
- Raw Skin – If you develop areas of raw skin after your treatment, keep them moist with an antibiotic ointment, such as Neosporin or Triple Antibiotic Ointment. Do not pick at these areas, they should heal very rapidly on their own without problems.
- Collagen remodeling continues for the next 3-6 mos. Results will continue to improve over this period.
- Follow-up treatments- It is necessary to receive a maintenance Fraxel treatment at least once/yr after your original series to maintain your results.

** For any questions or concerns following your treatment, please contact us at **(573)348-3882**. If we are not available, please leave a message, and we will return your call as soon as possible.