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DERMATOLOGY

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Post-Treatment Instructions for Fraxel Dual 1550/1927

What to expect after treatment:

Redness, swelling, skin peeling, and burning after the treatment is expected and its intensity and duration depends on the treatment aggressiveness, your individual healing characteristics, and the location of treatment. 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.

What you may feel and look like:

- Immediately after the treatment, you will experience **redness, swelling**, and rarely 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, apply *cold* compresses to the treatment area for at least 10 minutes 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 2-3 hours following treatment. Oozing can occasionally occur in isolated areas for a few days as well. Cool compresses or the Avène Thermal Spring Water Spray will help.
- 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 **flaking** off 3-4 days after the treatment. Most patients complete this process 3-7 days after a treatment on the face. (On body areas, such as neck, hands, or arms, where healing is slower, the process may take approximately 2 weeks.)
- Once the sloughing is complete, you may notice some **pinkness** over the next few weeks. Most pinkness 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**, which is a normal sign of healing.

How to care for your skin after treatment:

It is important to help your skin heal quickly and protect your skin investment.

Your after treatment skin care regimen is tailored to the treatment you received today. Follow the instructions as checked below:

- In general, if something burns or stings do not use it and wait 1-2 days to try again.
- **Immediately after treatment:** Use your prescribed moisturizer (i.e. Vaseline, Alastin balm, Aquaphor, etc.) 5 times a day. If using Alastin Nectar, apply morning and night. Avène Thermal Spring Water Spray

or Skin Smart Spray can be applied prior to each moisturizer application. Keep it in the refrigerator for best cooling to help alleviate the heat sensation. Cleanse with a mild cleanser such as Alastin Gentle Cleanser, CeraVe Hydrating Cleanser, or La Roche-Posay Toleriane Hydrating Gentle Cleanser.

- **First few days (1-5): MOISTURIZATION IS KEY!** Continue cleansing and moisturizing with your products over the next few days, moisturizing at least *5 times a day*. Once the flaking starts, please allow your skin to heal and **DO NOT** scrub, rub, or use exfoliants. You can apply makeup to the skin at any time, but continue to cleanse and moisturize.
- **Vinegar Soak:** After 24-48 hours, soak or spray the treated areas with a solution of 1 tablespoon of white vinegar mixed with 2 cups of clean, cool water. This can be done 2-3 times a day to keep your face clean and soothed.
- **First week of healing (6-10):** Moisturize and cleanse as above. You can apply light makeup. Do not scrub at the peeling areas! After 7 days of healing (face) you can resume using your Clarisonic brush.
- **Scrubs, toners, glycolic acid, and Retin A (tretinoin, retinol):** 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 or tretinoin/retinol.
- **Normal skin care regimen:** Once the flaking is complete, you may resume your routine skin care and makeup products as long as they are tolerable to you. Anything that stings or burns should be avoided.
- **Sunscreen:** It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA and UVB), contain zinc oxide and titanium dioxide, and be SPF 30 or more (i.e. EltaMD UV Clear SPF 46). Once flaking is complete, use sunscreen *daily* for at *least 3 months after* your last treatment. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area.
- **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 (hydroquinone) while your skin is healing. Restart your bleaching cream on: _____
- **Cold sores:** If you have a history of cold sores, ask your doctor about valacyclovir for prevention..
- **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.
- **Resume your prescribed skin care regimen when your skin has fully healed.**