

Today you had a Fraxel Restore/ Dual 1550/1927 laser treatment.
If you should have any questions or concerns, please feel free to call 303-532-2810

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. Common side effects include:

- **Swelling-** 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 out of every hour on the day of treatment until you go to sleep.
 - Sleep with your head slightly elevated, use as many pillows as you can, but so you are still comfortable.
- **Redness-** Most redness resolves during the first week after treatment, but a Rosey “glow” can remain for several weeks. If you wish, you can apply makeup immediately after treatment to minimize the redness.
- **Dry Skin-** 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 generated.
- **Bronzing, Crusting and Small Dark Dots-** Fraxel Laser treatment causes destruction to microscopic cylinders of skin which then exfoliates during the process. In individuals with heavily pigmented lesions, these microscopic wounds, known as MENDs, 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, the MENDs can sometimes be seen as individual dark dots. On the face MENDs will shed within 7-10 days. Off the face, it may take as long as 3 weeks for the MENDs to shed.
- **Raw Skin-** if you developed areas of raw skin post treatment, keep them moist with something like Aquaphor or Bacitracin. You do not need to apply band-aids, but keep the area moist and DO NOT PICK AT THEM. They will heal very rapidly on their own without problems.

How to Care For Your Skin After Treatment

Congratulations! You have taken the first step toward more healthy and radiant looking skin by having the Fraxel Restore or Dual laser treatment. Now it is important to help your skin to heal quickly and protect your skin investment.

- **Skin Care Products-** All of your skin care products should be non-irritating and non clogging for the first week or so after your Fraxel Laser Treatment.

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- **Examples-** these brands offer very gentle and inexpensive products that are ideal to use: Aveeno, Dove, Neutrogena, Cetaphil, or CeraVe etc.
- **Sunscreen-** According to the American Academy of Dermatology, proper and frequent application of sunscreen is very important. The sunscreen should offer a broadband protection (UVA AND UVB) and have a sun protection factor (SPF) of 30 or more. You should first apply sunscreen 20minutes before going outside, and again immediately before. After that reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen during the healing process. You will probably find that you use about 1 bottle of sunscreen per month, rather than 1 bottle per year that most people use.
- **Moisturizer-** Remember that peeling and/or flaking is normal during the healing process. Therefore, the product should be non-irritating and non-clogging, otherwise you could develop breakouts. During the healing period your normal moisturizer could be too occlusive, so consider products from the brands mentioned above. Instead of using 2 separate products use moisturizers that contain an SPF of 30+. Reapply whenever your skin feels dry.
- **Neck and Chest treatments –** To alleviate dryness and itchiness, apply any over the counter hydrocortisone cream two times daily for 5-7 days as needed after your treatment *May be a delayed reaction post treatment and it all normal*
- **Scrubs and Toners, Glycolic Acid, and Retin-A-** Your skin will be sensitive for the 1st week or so after treatment, so do not use products that will cause irritation during this time. Do not use abrasive scrubs, toners, or products that contain glycolic acids or Retin A. *Read the Products Labels if you are unsure.*
- **Bleaching Creams-** Discontinue use of your bleaching cream while your skin is tender. Restart your bleaching cream 2-3 weeks after you have finished your last Fraxel treatment. Unless directed your provider.
- **Resume your normal skin care regimen when your skin has fully healed**
- **If you have a history of cold sores, let your provider know and you will be provided with Acyclovir (800mg, day of, prior to tx, 800mg first night and then 400mg twice a day for 3 days)**

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