



# SANCTUARY

## DERMATOLOGY

Proper pre-care is essential to achieving optimal results from your treatment. If there are any outstanding questions after reading the information below, please do not hesitate to call us at (504) 454-2997.

### FRAXEL PRE CARE INSTRUCTIONS

- Plan to arrive 1.5 hours before your scheduled appointment time so that numbing cream for the procedure can be applied.
- Discontinue using topical or oral steroids (creams or pills), retinoids (topical or oral) prior to your Fraxel procedure.
- Discontinue using skincare products containing glycolic acid, salicylic acid, benzoyl peroxide, and abrasive scrubs for at least 2 weeks prior to your procedure.
- If you are taking Accutane, you must discontinue its use for at least 6 months prior to the Fraxel procedure.
- If you have a history of "cold sores," please let our physicians know. Medication can be prescribed to minimize the possibility of a flare up following your treatment.
- For darker skinned patients, patients with melasma or a history of hyperpigmentation, medications will be discussed and prescribed to minimize the possibility of hyperpigmentation following your treatment.
- Do not have any laser or light-based treatments until your Fraxel treatment series is completed.
- Do not have microdermabrasion or "peels" for 2 weeks prior to your Fraxel treatment.
- Do not have any facial waxing for 2 weeks prior to your treatment.
- Smoking cigarettes will increase your risks. It is imperative that you refrain from smoking prior to and for at least 2 weeks after your procedure.
- It is recommended that you avoid alcohol for 24 hours pre procedure.
- Hydration is important. Drink plenty of water before and after your procedure.
- Do not take blood thinners, aspirin, fish oil, or other anti-inflammatory medications for 5 days prior or 5 days after the procedure. If you require these for a medical condition, you will have a higher likelihood of bruising.
- Ice packs or cool compresses may be used at home after your procedure.
- Please make sure you leave enough time in your schedule to allow for a proper Fraxel treatment. You should plan on roughly 2-2 ½ hours in the office, to allow for proper numbing, treatment, and aftercare.
- You should ask questions and feel free to contact the office if you need any information.
- Your face must be thoroughly clean. Do not apply make-up, moisturizer, creams or lotions. Men should be clean-shaven.
- Please remove jewelry such as earrings and necklaces before leaving home.

### *Treatment Recommendations*

For best results, 3 treatments is recommended, depending on the patient.

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### FRAXEL POST CARE INSTRUCTIONS

- 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 seven 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 with your head elevated the first night as this will minimize swelling the next day.
- Heat sensation can be intense for 2 – 6 hours after treatment. Occasionally oozing can occur in isolated areas for a few days.
- Redness may worsen in the first few days after treatment. Swelling may be significant and cause some discomfort.
- You may also notice that your skin appears bronzed or you may notice small dark dots on the treated area. Your skin may feel dry and may also peel. You may notice a “sandpaper” texture a few days after treatment.
- This is a normal result of laser treatment, and that skin should start sloughing off 3 – 4 days after the treatment. Most patients experience peeling for up to 7 days after a treatment on the face. (On off-face areas, such as hands/arms, where healing is slower, the process may take up to 2 weeks). Do not scrub, exfoliate, or pick peeling skin.
- Once the peeling is complete, you may notice some pinkness of the skin over the next few weeks. Most redness resolves during the first week after treatment, but mild pinkness can last for several weeks. If you wish, you can apply makeup to minimize the redness.
- Some patients have also experienced itching.
- Avoid sun exposure. Consistent use of sunscreen may lower the risk of laser-induced hyperpigmentation (darker color).

#### *Recommended Instructions*

- Immediately After Treatment. Use a very thin layer of Alastin Soothe & Protect Recovery Balm. You may also cleanse your face with a mild cleanser.
- First Week of Healing. Keep the treated area clean; avoid smoking, excessive alcohol consumption, excessive exercise, perspiring, swimming, or exposing skin to heat and sun.
- Skin Care Products. Alastin Procedure Enhancement or SkinMedica Procedure 360 Regimen are recommended. Do not use abrasive scrubs, toners, retinoids, or products that contain acids.
- 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.