

## Fraxel

### Post-Treatment Instructions

- Generally, a “sunburned” feeling on treatment area is experienced for up to 24-48 hours.
- Heat sensation can be intense in the 2 – 3 hours post treatment. Occasionally oozing can occur in isolated areas for a few days as well.
- Treatment area will be red, swollen, and can itch.
- To minimize swelling apply cold compresses to the treatment area for 10 minutes of every hour on the day of the treatment.
- Ice packs may be used as needed for heat related discomfort.
- Sleep on your back with head elevated the first night post-treatment.
- Drink plenty of fluids.
- A few days post treatment redness may worsen and swelling may be significant.
- A gradual rough darkening of the treatment area is common and will resemble a small scab. Patients are advised not to rub treatment area or try to scrub the rough area away. This is part of the healing process and should start to slough off in 3-4 days.
- In extreme cases, blistering, burns, bleeding may occur; Please call your physician if this occurs.
- Avoid vigorous activity while your skin is still reacting to treatment.
- STRICT adherence to sun protection/Sunscreen. Direct sunlight should be avoided for 3 months during/post-treatment series.
- Resume regular skin regimen once treatment area is back to “normal.”
- Fraxel treatments should be scheduled every 4-6 weeks (depending on treatment reaction) and can be done for a series of 3-5 treatments. (A package of 4 is recommended)
- Fraxel Dual is our newest Fraxel upgrade which targets pigmentation concerns. This laser should be scheduled every 8-10 weeks for 2-3 treatments for the treatment of melasma, and every 4-6 weeks for 2-3 treatments for other pigmentation concerns.