



## **Post-Fraxel Instructions**

### *What to expect:*

For 1-3 hours after your treatment, the treated skin will feel like it would after a sunburn. Patients typically experience redness and swelling for 2-3 days. The treated skin may feel like sandpaper and some patients may have a bronzed appearance. These areas will exfoliate over 5-7 days following your treatment. One week after treatment, the treated areas are typically healed.

### *How to care for your skin:*

- You may take ibuprofen or Tylenol if needed for discomfort.
- If you have ever had a cold sore (herpes simplex virus) in the treatment area, you need to take anti-viral prophylaxis to prevent a flare of a cold sore. We will typically prescribe Valtrex 2 grams the morning of Fraxel and the evening after Fraxel. Remember to take your pills.
- Apply cold compress/ice packs 10-20 minutes per hour while awake for the first 2 days to reduce swelling.
- Wash with a gentle cleanser (i.e. Cetaphil or CeraVe)
- Apply a bland moisturizer frequently throughout the day until healed. If you are acne prone, make sure it is oil-free/non-comedogenic.
- You may wear make-up immediately after treatment.
- Protect the treated area(s) from the sun with sunscreen/hats/sun protective clothing.
- One week after your treatment, you may begin gentle exfoliation with a Clarisonic or similar brush or a washcloth if your skin still feels like sandpaper or close up you see small dark dots. Do not pick.
- Avoid the following for 2 weeks after treatment: microdermabrasion, facials, chemical peels, waxing, and products containing retinoic acid (including Retin-A, Renova, Ziana, Veltin, tretinoin, Differin, Epiduo, adapalene, tazarotene, Tazorac), salicylic acid, and glycolic acid.

**Please call the office if you have blisters, scabs, or any questions or other concerns.**