

Fraxel Dual 1550/1927 Laser Treatment

Pre-treatment

4 weeks prior to your appointment:

- Avoid sun tanning, tanning beds and sunless tanners (in the area to be treated) for 4 weeks prior to treatment. Optimize your sun protection by wearing sun-protective clothing, hats, broad-spectrum sunscreen with SPF 30 or higher. Reapply every 2 hours while outdoors.

1 week prior to your appointment:

- Avoid aspirin, fish oil/ingestion of fish (shellfish are fine), coconut oil, naproxen (Naprosyn, Aleve), garlic pills, ginkgo, ginseng, curcumin/turmeric, and St. John's Wort for 1 week. Discontinue ibuprofen (Motrin, Advil) 3 days prior to treatment. Note: do not discontinue medications that you are taking for medical reasons without consulting your prescribing provider.
- Discontinue exfoliating products (such as scrubs, glycolic acids, salicylic acid, tretinoin (Retin A), retinol, Retrinal, AlphaRet, Marini Luminare, Differen, Tazorac) 1 week prior to treatment. Avoid peels and waxing during this period as well.

On the day of treatment:

- If you have a history of cold sores (herpes viral infections), take your acyclovir or valacyclovir (Valtrex) as recommended and continue for 5 days. Like sunlight, laser light can trigger a flare, and the medication reduces this risk.
- If you have an active cold sore or infection in the area of treatment, we cannot treat you. Please contact our office as soon as possible to reschedule your treatment.
- If you are having treatment around the eye area requiring the use of metal eye shields during your procedure, please remove contact lenses prior to treatment and bring eye glasses with you to your appointment.
- DO NOT apply numbing cream at home. We will provide higher-strength in-office numbing. You may wish to bring reading material for the numbing period, which is over one hour. Plan on spending approximately 3 hours in our office on the day of the procedure. Eat breakfast, lunch or a snack prior to your appointment and wear comfortable clothes. Optimize your comfort by getting to your appointment on time.

See reverse side for Post-treatment Instructions -->

Fraxel Dual 1550/1927 Laser Treatment Pre- & Post-treatment continued--

Post-treatment

A sunburn-like sensation lasts approximately 2 hours; you may apply cool compresses or gel packs off and on to reduce discomfort. Typically, 2 hours after treatment, the discomfort decreases to that of a mild sunburn. This usually lasts 1-2 days. Mild swelling and/or redness may accompany this, but usually resolves in 3-5 days. Bronzing may then develop and last 3-14 days, depending on your skin color and intensity of treatment. Itching and/or fine flaking (a sandpaper-like texture) may occur and can be minimized with moisturizers. After this naturally sheds, smoother, brighter skin emerges.

Sunscreen and makeup may be applied immediately after treatment.

Ongoing daily broad-spectrum **sun protection is critical and will optimize your results.**

If the eye area was treated, you may experience significant swelling in this area. This can be alleviated with frequent icing, sleeping with multiple pillows to avoid lying completely flat, and use of an over-the-counter non-sedating antihistamine (e.g. Zyrtec/cetirizine or Claritin/loratidine).

If you have treatment requiring metal eye shields, we use an antibacterial ointment over the eye shields prior to placement, and this may lead to some blurriness of vision directly after the procedure. This is temporary and usually resolves within an hour. We recommend any patients having this treatment avoid the use of contact lenses for 24 hours following the procedure. If needed, please bring eyeglasses with you to wear after your appointment.

You may resume exfoliating products when skin sensitivity has resolved (usually 1 week).

Note that many of the benefits of treatment develop over the next 6 months during which skin remodeling, including collagen and elastic fiber production, occurs.

Please contact our staff with any questions regarding your care.

480-591-3500 or 602-494-1817